

# IOWA STATE BYSTANDER.

VOL. XXI NO. 28

DES MOINES IOWA, FRIDAY, JANUARY 8, 1915,

Price Five Cents

## CITY NEWS.

Mr. L. Sutor of Marshalltown, Iowa, spent last week in our city.

Mr. Frank Walker of Washington, Iowa, was a caller at our office this week.

Mr. Elwood Griffin returned to his home in Detroit, Mich., after spending a delightful Christmas with his parents, Mr. and Mrs. Alex Griffin, on Capitol avenue.

Mr. and Mrs. A. J. Brooks are all smiles nowadays over the arrival of a ten pound baby boy. Both mother and child doing well.

Mr. and Mrs. J. H. Lewis of the Thompson hotel announce the birth of a nine pound baby last week. Both mother and child doing well.

Miss Margaret Roberts entertained eight young women Thursday afternoon at a matinee party in honor of Miss Adah Hyde.

Dr. A. J. Baker has just been highly honored, a list of January, by being employed as physician and surgeon of the Des Moines Street Railway Co.

Editor John L. Thompson is preparing to make his official visit to the Masonic lodges of Iowa and jurisdiction within a few days.

Miss Julia Bailey of Marble Rock spent New Year's in Des Moines, the guest of Miss Adah Hyde and Mrs. Gus Watkins. She left Sunday for Parsons, Kans., to resume her teaching in the school there.

The semi-annual meeting of the Triple H. club will be held at the home of J. H. McDowell on Seventh street Tuesday, January 12th. All members are urged to be present. By order of the president, Mrs. H. E. Jacobs.

The W. W. club of the Asbury church was entertained by Richard Porterfield, one of its honorary members, Monday evening, January 5. Twenty persons were present. An elaborate lunch was served. Mrs. Sophie Hill will entertain the club on Wednesday evening at First and Ascension streets.

Miss Myrtle Claugton of Minneapolis is visiting her aunt, Mrs. Barner of Grimes. While here she is the guest of Mrs. J. W. Fields. Miss Claugton is a former Des Moines girl and will remain about two weeks.

Mr. L. P. Blagburn, who has been very sick for several months, is no better at this writing. His friends are alarmed, but hope that he may make a change for the better. Morgan, A. R.

Mr. and Mrs. Wm. Taylor gave a holiday dinner party at their home at 817 Maple street. The dining room was beautifully decorated for the occasion. Covers were laid for nineteen and Mrs. Taylor was in receipt of many beautiful presents.

The Dramatic Art club met Tuesday afternoon with Mrs. Wm. Hammit. The study of Pilgrim's Progress made an interesting program. Meet next Tuesday with Mrs. Warrick and finish the study of Pilgrim's Progress. Study constitution and by-laws of the national association.

Under the amiable leadership of Maude M. Wilkinson, H. P. of Mt. Moriah Tabernacle, No. 507, Dt. of Tabor, celebrated their seventh anniversary of the order. Their hall was decorated with the lodge colors. It was largely attended by members of the four lodges. Program was in charge of Dr. Florence B. Taylor, C. E. The G. D. treasurer, D. G. chief member, D. G. high priestess and the national vice priest will be honored guests.

The Wednesday Night Bridge club was entertained by Mrs. Alice Huston. Election of officers resulted as follows: President, Miss Gertrude Hyde; vice president, Mrs. Edith Strawthers; secretary, Miss Maydrew Robinson; assistant secretary, Mrs. Harry Seymour; treasurer, Miss Adella Carter. Club will meet next Wednesday with Mrs. Gertrude Hyde.

The Misses Carrie Watson and Magnolia Seers entertained sixty young people at the home of Mr. and Mrs. Gus Watkins at a New Year's party in honor of Miss Adah Hyde. The rooms were beautifully decorated with Christmas decorations. Music and dancing were enjoyed. The out of town guests were Prof. Coffin of Kansas City, Miss Georgia Blagburn of Buxton, Douglas Miller, Jr., and Hubert London of Iowa City, Wm. Kane of Ames, Lyric Sutor of Marshalltown and Miss Naomi Lewis of Fairbury, Neb.

Mesdames Geo. C. Young and L. Wright who have just opened a ladies' dress and furnishing goods house on Ninth and Park streets on New Year's night their gas meter sprung a leak and the gas filled the house where they were sleeping, and through some miraculous power Mrs. Wright awoke to find she and Mrs. Young almost overcome by gas. They struggled across to the Thompson hotel, where Dr. Booker was summoned. They got

better and now are able to be up, although a very narrow escape.

Mrs. Edith Strawthers was hostess Monday evening to the members of the Mary Church Terrell club. Refreshments were served and an enjoyable evening spent. The following officers were elected: President, Miss Margaret Roberts; vice president, Mrs. Edith Strawthers; secretary, Mrs. Audrey Alexander; assistant sec'y, Mrs. Hannah Porter; treasurer, Mrs. J. H. Perkins; reporter, Miss Gertrude Hyde. Miss Margaret Roberts will be the next hostess.

### ANNUAL OFFICERS ELECTED.

At the annual meeting of Union Congregational church written reports of the officers showed a remarkable growth. Twenty-eight new members have been added. The following officers were elected: Deacon board, C. S. Stewart, J. H. Shepard, H. E. Jacobs and S. D. Wilkinson; deaconesses, Mesdames J. H. Shepard, C. S. Stewart, M. L. Gregory, S. D. Wilkinson and J. A. Spencer; secretary, H. E. Jacobs; treasurer, John L. Thompson; church clerk, Miss Lillian Neal; superintendent of Sunday school, Gus Watkins; chorister, Lee B. Holt; organist, Miss Zoe Richardson; trustee board, John L. Thompson, H. E. Jacobs, M. L. Gregory, C. S. Stewart and J. A. Spencer.

### BUSINESS LEAGUE.

The regular monthly meeting of the local Business League will be held in the parlor of the Union Congregational church next Monday night. The program will be very interesting. A paper on "How To Get the Colored Man's Business," by Dr. J. A. Jefferson. "How To Hold the Negro Business," by Mr. Wade H. Moore, the druggist. A three minute discussion on each paper. All members and friends are invited. No admission.

### GRANT OUR CITY RAILWAY A FRANCHISE.

One week from Saturday, or on January 16th, the voters of Des Moines will be asked to vote for or against the new city franchise asked by the Des Moines City Railway Co. At present the street car company has no franchise at all. Their old one having expired. Therefore it is necessary that they be granted a franchise. Now the only question is what kind of a franchise should be granted. The mayor claims that the franchise to be voted upon does not suit him. Yet a few months ago when he could have suggested some kind of franchise he did not, but now being forced to allow the people to vote upon some kind of franchise he comes in at the last moment and offers several amendments to the proposed new franchise. His sole object in offering the amendments is to invalidate the new franchise. Therefore I think as a citizen and voter of our city it is best to vote for the new franchise and against all of the amendments. Let us vote for our own best interest and get the new improvements, new extensions in car service, new cars, which means more work for the laboring man. Let us all go to the polls January 16th and vote for the franchise.

The following are the list of presents Mr. and Mrs. J. B. Rush received on their seventh wedding anniversary, held at their home, 1547 West Twentieth street, Wednesday evening, December 23rd: Hand painted plate, Mrs. Nellie Davis; fancy china plate, Mr. and Mrs. J. W. Campbell; couch spread, Mr. and Mrs. John A. Spencer, Grinnell, Iowa; pair large linen hemstitched towels, Mr. and Mrs. F. P. Johnson, Mr. and Mrs. J. P. Hamilton, Mr. and Mrs. C. B. Woods, Miss Nina Hamilton; embroidered dresser scarf, Mr. and Mrs. P. E. Patten; large linen towel hemstitched, Mr. and Mrs. C. C. Johnson; pair embroidered pillow cases, Miss Wilda Warn, Marshalltown; hemstitched linen towel, Miss Gertrude Hyde; pair pillow cases and pair bath towels, Mr. and Mrs. Geo. Patton; pair blankets, Mr. and Mrs. P. Alexander, Mr. and Mrs. V. L. Jones, Mr. and Mrs. A. Alexander; cut glass water pitcher, Mr. and Mrs. Harvey Brown, Mr. and Mrs. Jas. Mitchell, Mr. and Mrs. N. C. Marshall, Mr. and Mrs. Scott; hand painted bon bon dish, Mrs. Fred Jackson; silver olive fork, Misses Mamie and Julia Bailey, Marble Rock, Iowa; fruit basket, Mr. and Mrs. Harry Allen, Mrs. Blanche Goodrich; vase, Mr. and Mrs. Vern Simmon; book, Mr. and Mrs. S. White, Indianola, Iowa; hemstitched linen towel, Mr. and Mrs. Jas. James; set of china plates, Mr. and Mrs. J. L. Thompson, Mrs. M. Watkins, Miss Carrie Watson; large picture with gilt frame, Mr. and Mrs. D. G. Patterson; crocheted white wool evening jacket, Mrs. Francis Rander; cut glass dish, Mr. and Mrs. M. O. Culberson, Clinton, Iowa; handsome oil painted picture, Mr. and Mrs. E. Green, Davenport, Iowa; mahogany serving tray, Mr. and Mrs. Nelson Crews, Kansas City, Mo.; hand painted fruit dish, Mrs. Fielding; pair embroidered linen towels, Mr. and Mrs. C. B. Lewis, Fairbury, Neb.; embroidered linen centerpiece, Mr. and Mrs. C. G. Southall, Buxton; hand painted plate, Mr. E. A. Tiggs, Parsons, Kan.; \$1.00 in cash, Mr. J. P. Durdan, Chicago, Ill. Mesdames Harvey Brown, N. C. Marshall, Geo. Patton of Des Moines, Roxie White of Chicago and E. A. Tiggs of Parsons, Kansas, assisted in receiving and serving the guests. The house was beautifully decorated with Xmas bells and decorations.

### ST. PAUL BUDGETARIAN.

The Twin City Missionary Alliance held a very interesting meeting Tuesday afternoon at the home of the "Twins," Mesdames Crawford and Black, on Rando street. A large number attended from Minneapolis. Delightful refreshments were served following the business. Miss Opal Wade of Thomas street entertained at 6 o'clock dinner Sunday Misses Lucille Elliott and Beale Jones.

Mrs. Janode Jackson was hostess for the King's Daughters Charity club Monday.

The Self Culture club was entertained by the president, Mrs. Mattie Wade Hicks, last Wednesday. Mrs. Mamie Graves was a visitor. The club is planning another benefit entertainment for the Attucks home.

Mrs. Dovie Campbell entertained friends at progressive whist last Wednesday night at the home of her parents, Mr. and Mrs. Joseph Adams, of Charles street.

The members of Memorial Baptist church are to be congratulated upon their success in having raised and paid \$1,000 on their church within the short time they have been occupying it, about seven or eight months. They have some devout members who are making many sacrifices to succeed.

The executive board of the State Federation will hold their regular meeting Friday afternoon in Minneapolis at the home of Mr. and Mrs. W. Donovan. They are planning for their midwinter meeting to be held February 8 in Minneapolis. Quarterly meeting at St. James A. M. E. church January 17th. Election of trustees for the ensuing year January 12th. Mrs. M. Moker and grandchildren, the Misses Bass, spent the holidays at their old home in Comersville, Ind. Pilgrim Baptist church is succeeding nicely under the pastorate of Rev. Murrell. The church seems to have taken on new life.

### OTTUMWA, IOWA.

Mrs. B. Sperry has been on the sick list, but was able to be out Sunday. The young folks are taking advantage of the winter weather and snow by spending the evenings coasting, as the hills are in fine condition for that sport.

The Benevolent club met with Mrs. Ella Greaver, at which time the officers for the coming year were elected. President, Mrs. J. Osbire; vice president, Catherine Strothers; secretary, Mrs. Mattie Green; corresponding secretary, Cora Hennington; treasurer, Mrs. M. Woodfork; chaplain, Mrs. Sarah Thompson; critic, Mrs. A. McClelland. Adjourned to meet with Mrs. L. Williams on Thursday afternoon, 625 West Mechanic street.

Mrs. A. Kennedy is much better. She was able to attend church Sunday. Mrs. M. O. Williams entertained at dinner Tuesday afternoon in honor of Mrs. D. Carey, the evangelist; Mrs. B. Green of Keokuk, Madam Caponia of the east, a traveling missionary. The table was laid for twelve. A delicious dinner of four courses was served.

The Young Men's club met Sunday afternoon at the A. M. E. church and elected the following officers: President, M. Weeks; secretary, S. Fowler; treasurer E. Bailey. The second of the series of parties was at the home of Mrs. E. Hall at 731 E. Fellows street. The hostesses were Mrs. E. Hall and Mrs. M. McGill. The evening was delightfully spent with music, singing, readings and games.

Mrs. M. Taylor, Mrs. A. Elliott and Mrs. H. Owens spent Monday afternoon with Mother Tolbert, who celebrated her 117th birthday Christmas day. She is a very intelligent old lady and it is a treat to hear her life story. Her mother lived to be 120 years old. She has a son in Albia, Iowa, 92 years old.

Mrs. M. Taylor, Mrs. A. Elliott and Mrs. B. Green being the guest of honor. A number of citizens and friends celebrated Emancipation day at the A. M. E. church on the evening of January 1st. The program consisted of talks of old soldiers and prominent citizens.

The wedding bells will soon ring in Ottumwa. Mrs. Wells Fowler is on the sick list not able to be out.

Stomach Trouble Cured. If you have any trouble with your stomach you should take Chamberlain's Tablets. Mr. J. P. Hobb of Edina, Mo., says: "I have used a great many different medicines for stomach trouble, but find Chamberlain's Tablets more beneficial than any other remedy I ever used." For sale by all dealers.

### CLINTON, IOWA.

Mr. Geo. Robinson and little son, Geo. Jr., are convalescing from a serious attack of pneumonia. We hope to see them out soon.

Christmas and its pleasures have come and gone. Humanity has settled down once more to business activity of the one pleasure of the season was the dinner given on Christmas eve instead of the customary tree to the members of Bethel A. M. E. Sunday school, about seventy-five being present. The dinner was all that could be asked for and was heartily enjoyed.

Mrs. Holland Williams was on the sick list this week, but is some better at this writing. A. R. Bush, son of Mr. A. A. Bush,



### DR. J. E. SPINGARN TO SPEAK IN DES MOINES.

At a meeting called by Atty. S. Joe Brown at his residence and attended by about twenty-five prominent colored men and women last Monday evening definite arrangements were made for the reception of Dr. Joel E. Spingarn of New York City, who is chairman of the executive committee of the National Association for the Advancement of Colored People, of which The Crisis is the official organ, and who will speak at the Corinthian Baptist church in this city on Wednesday evening, January 20th. Dr. Spingarn, who is a Caucasian, was for

twelve years professor in Columbia university, New York City, and has devoted the past ten years traveling at his own expense and lecturing in the interest of the Negro. His present trip will cover at least one city in each state along the route from Ohio to the Pacific coast, the Des Moines meeting being the only one in Iowa, and Governor Clarke, Attorney General Cosson, Hon. Casper Schenck and the editors of the four Des Moines daily papers are co-operating with the colored committee to make the Des Moines meeting the best on the entire list. Further announcement will be made next week.

has recently recovered from an attack of measles. Mrs. Asa Williams of Buxton is the guest of her mother and friends this

week. Wm. Thompson, son of Mr. and Mrs. Oscar Thompson, is recovering from an attack of measles.

The election of trustees and Sunday school officers are events of the week. Little interest was shown in the election of trustees on Monday night.

Mr. J. M. Mitchell, who has been ill at a local hospital, is improving at the home of Mr. Wm. Henderson, where he was removed some days ago. What a nice Christmas present it would have been to The Bystander if the delinquent subscribers had only settled their obligations.

### THE LYCEUM.

At the meeting of the Lyceum at the residence of Atty. J. B. Rush on Tuesday evening Mr. Jesse A. Graves led the discussion of the proposed street car franchise, followed by Atty. Rush, Prof. Warricks and Mr. Easter. The meeting next week will be with Miss Vivian Warricks and will be addressed by Miss Kathryn M. Johnson, advance agent of Dr. J. E. Spingarn, and a full attendance is desired.

### Fever Sores.

Fever sores and old chronic sores should not be healed entirely, but should be kept in healthy condition. This can be done by applying Chamberlain's Salve. This salve has no superior for this purpose. It is also most excellent for chapped hands, sore nipples, burns and diseases of the skin. For sale by all dealers.

Subscribe for the Iowa State Bystander.

### Biliousness and Constipation Cured.

If you are ever troubled with biliousness or constipation you will be interested in the statement of R. F. Erwin, Peru, Ind. "A year ago last winter I had an attack of indigestion followed by biliousness and constipation. Seeing Chamberlain's Tablets so highly recommended, I bought a bottle of them and they helped me right away." For sale by all dealers.

Our Best Bacon Eastern brand 18c

Native Pot Roast  
Beef 11c  
Pork Loin Roast  
12½  
Fresh Hams  
15c Value  
10c

Sausage Meat 11c Hamberger Meat 11c  
Pure Lard by the pound 12½c  
Poultry and Fish.

S. & K. Market Co. 219  
Walnut

Smoked California Hams 11c

## BE SQUARE WITH YOURSELF.

It is up to you, Mr. Voter, to look for your own interests. Men in public offices are looking after their political interests. They are confusing the

### Street Car Franchise Issue

for their own purposes and not to your interests. It is to your interest to have cheaper fares, have better cars to ride in, extended lines out to all parts of the city and to give YOU the best service possible. That is what the proposed street car franchise provides. It is drawn with the idea of STREET CAR SERVICE in mind, your interests are protected. To make sure of it, then

### Vote "YES"

For the Street Car Franchise  
Saturday, January 16th, 1915

## Des Moines City Railway Company

AFRO-AMERICAN CULLINGS

Some weeks ago, through our south- ern papers, I made a suggestion that each Negro family make one or more cullings for this year in order to help bring about more prosperity in the South. I have been surprised to find how well the suggestion has been received and how many are following it.

New! I want to make one other sug- gession, that in my opinion, is of still greater and more practical impor- tance. For months the great cry has been all through the South to stop growing cotton or reduce the acreage. As a matter of commerce, business and industry, it is a mistake to stop growing cotton in the South. It is always easy to stop work, but merely to stop growing cotton is a mere negative proposition and will not, I fear, leave the South much bet- ter off than it is at present. If we de- stroy, or cripple, a great industry, we should be very sure to have another, or a number of others equally good to put in its place. In this connection it should be kept in mind as a matter of great importance, that if the labor leaves the farm by reason of changing crops it will be very difficult to get the labor to return to the farm in after years.

The great cry is to grow food crops. That is well, but one must keep in mind that the great masses of Negroes who have actually grown the most of the cotton in the South for years, and who live upon the most valuable land in the South, do not hear of the sug- gession that is passed by these va- rious bodies. These people have been trained to grow nothing but cotton and do not know how to grow any- thing else. In fact, in many cases, they have not been permitted and are not now permitted to grow anything else!

We must also bear in mind that the largest land owners seldom visit their plantations, some not more than once or twice a year, and hence can be of little service in teaching these Negroes how to change all at once from a cotton-producing crop to a food-producing crop. —Booker T. Wash- ington, in the Birmingham Age-Her- ald.

John R. Keys, who came to Okla- homa in 1891, and is one of the wealth- iest Negroes in Oklahoma, a thriving community of 30 miles of Muskogee, rich in oil and gas properties. Keys owns a splendid house of two-story brick build- ing in the heart of the best business district with 18 cottages and six store buildings, and has the respect of his white and black competitors in busi- ness.

During the depression of 1897, Keys and his wife, like thousands of other farmers in Oklahoma, had to undergo hardships and sustain heavy losses. For days and days they had scarcely enough to eat. They had to go into the woods and gather acorns from which they made soup and por- ridge. Today his rents amount to \$1,500 a month, from \$100,000 worth of buildings, and his receipts from the sale of groceries amount to \$1,500 a day.

Dr. Booker T. Washington, as pres- ident of the National Negro Business League, has urged his people to "get off the defensive in explaining why the

Last year there were overflows and excessive rainfalls. Many Negroes were unable to make crops at all, especially where they depended upon one crop. A few made some corn and cotton. There is no market for the cotton. There have raised no food- stuff. There is no cash to be gotten. Acute distress prevails among these people. Ask any so-called coun- try banker how many Negroes are begging loans, and his reply will give a fair answer to the conditions every- where. Something must be done to prevent the repeated recurrence of these distressful conditions. Will the authorities embrace the opportunity for constructive work among the Negro farmers of Texas? The opportu- nity lies in the well equipped agri- cultural department of the state col- lege at Prairie View and the inaugu- ration in connection therewith of ex- tension work for the popular educa- tion of these Negro farmers in con- sideration with the provisions of the Smith-Lever bill, which work is being directed by Hon. Clarence Ousley of College Station, Texas. To utilize the plant at Prairie View in this direc-

tion will do more to build up a better class of Negro citizens in this state than any other one agency. Its wid- om will immediately manifest itself in increased production of a larger variety of crops. The organization of this extension work among Negro farmers at this time is urgent. The effort will meet a hearty response from a grateful people, a patient, hard-working people.—Wade C. Rol- lins, in the Houston Post.

For the blind there has been invent- ed a watch with the hours marked by raised dots and dashes so that it can be read by the sense of touch.

The school of experience is not a "pay-as-you-enter" institution, but col- lections are always made somewhere along the line.

Capt. Daniel Powers of Maryville, Pa., is said to have made 2,000 voy- ages in the Susquehanna river as a rattsman.

A cableway will soon span the Ni- agara river over the whirlpool.

Office holders whom the gods would destroy are first made indifferent to the wishes of the people.

The reform bug seldom crawls un- der the hat of the man who is holding down a fat-salaried official job.

A process has been devised by which rubber is made to cling to steel.

Among other centenarians that have been celebrated lately was that of Iodine.

Scotland last year mined 3,184,000 tons of shale.

house that we live in so often has the gate off the hinge, the fence falling gone, windows and doors broken and the plastering knocked off. Let us ac- quire wealth and intelligence so fast that the world will forget our poverty and ignorance. Let us be so thrifty and industrious that people will have no time to talk about our carelessness and idleness. One big, definite fact in the direction of achievement and construction will go farther in se- curing rights and removing prejudices than many printed pages of defense and explanation.

"I have known of the work of the Creek-Seminole Agricultural college, Boley, Okla., for some time. Am ac- quainted with John C. Lettwich, the president. The college is to be turned over to the Christian church. Brother Lettwich is a man of ability, thor- oughly reliable, a Christian, and is the best representative of his race, work- ing for the Christian church, among the colored people of the state. I am glad to commend him to the brethren and can assure them that any con- tribution will assist one of the most worthy enterprises with which I am acquainted. Receive him in the Lord. The need cannot be overstated.

"Yours in him, "J. H. O. SMITH."

The man who bears such a letter from J. H. O. Smith as that given above needs no further indorsement as to his integrity or ability. We have recently had the pleasure of meeting President Lettwich and going over his plans. We unhesitatingly indorse his theory of voluntary segregation. The Negro must work out his own problem and as every other race must do, and the presence, in close contact, or in a mixed population of another race, so far removed in many elemental characteristics as the Anglo-Saxon, in- variably comes to be a hindrance to true progress.—Christian Standard.

Hampton institute is proud of the excellent record that has been made by the rank and file of its students. The women graduates and former students are engaged in work which aims to elevate the home, the school, and the community in the vital things of life. The Hampton men have been pioneer workers in agricultural and industrial enterprises. They have sac- rificed their personal comforts to en- gage in uplift work for their people.

Since Hampton aims to train young men and women to earn an honest liv- ing and help their respective races, it has combined with rare success the elements of industrial and academic education.

Dr. George F. Phenix, vice-president of Hampton Institute, has said: "Moral qualities, which in the aggregate make strong character as well as economic efficiency, are developed through this combination of industrial work by day and academic work by night, as they could not be by either alone, and longer hours are made possible in the trade, agricultural, and domestic science departments.

"Every student in the trade school has one hour of study early in the morning, eight hours of work in the trade school, and two hours of ac- demic work in the evening period. This makes 11 hours a day, outside of which he must get time for meals, the care of his room, religious services, and recreation. Yet the students gain in health, in skill, in scholarship and in character."

When a carpet sweeper gets full of dust, remove all waste collected, take out the brush and carefully pick out all lint, etc. Then apply kerosene on a wad of cloth and rub the ends of the bristles thoroughly with the cloth. It prevents dust rising when the sweeper is used, and brightens the car- pet. A drop of machine oil in the holes where the ends of the brush revolve will do as much as any one thing to preserve your sweeper.

Every housewife should have an asbestos glove to wear in handling pots and pans that are hot. This conven- ient glove would save many burns, for even if a pot holder is hung con- veniently close to the kitchen stove it is always out of place when some- thing is boiling over and quick action is necessary.

Walnut and Pecan Creams. Beat the white of an egg and a table- spoonful of cold water into a pound of confectioners' sugar. Add three tea- spoonfuls of vanilla. Shape the cream into balls, and into each ball press two walnut or pecan meats. Perhaps more or less sugar will be needed to make the paste of sufficient thickness to melt easily.

Ventner Pudding. Mince some cold roast beef, and to every pound add one-half pound of breadcrumbs soaked in a little stock, a spoonful of butter, pepper, celery salt and an onion chopped fine. Mix well, pour into a dish, cover with two whole eggs well beaten and seasoned and bake until brown. Serve hot.

When Making Cakes. A quick way to clean currants when making cakes is to put the fruit into a colander with a sprinkling of flour and rub round a few times with your hand. It is surprising how quickly the stalks are separated and come through the small holes.

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Italy last year produced 1,436,007, 300 gallons of grape wines.

Pittsburgh and Gary steel mills re- sume. We've got to work that Europe may go shooting.

"Garage only \$48" reads "ad." No \$49 garage will hold some auto.

USE FOR LEFT-OVER TURKEY

Probably There is No Better Way Than by Converting It into a Salad.

Generally there is quite a bit of the turkey left over, not enough perhaps for a full meal again but quite suffi- cient for an excellent salad for an evening function, high tea or a course luncheon. If the white turkey meat does run short it is an easy matter to supplement it with some of the dark meat or even roast veal or fresh pork and no one will be the wiser. Cut the meat into dice, then measure and al- low an equal quantity of celery, cut in fairly good-sized pieces. If you have any walnuts, butternuts or almonds, cook them in a little stock or boiling salted water for twenty minutes, then chop fine. At serving time mix to- gether the turkey or other meat, nuts and celery and allow to each quart of the mixture, a teaspoonful of salt, a quarter teaspoonful of paprika, a tea- spoonful of Worcestershire sauce and if you like it a tiny piece or olive of garlic, just enough to give a sugges- tion to the palate, without the odor. Toss and mix well and having lined your salad bowl with crisp lettuce leaves, put in the salad mixed with a little mayonnaise, heap up, mask with more mayonnaise and serve. A pretty garnish for this is the stuffed olives or bits of the sweet red peppers that come in cans. Chicken salad is made in the same way. A few spoonfuls of the stock in which the chicken has been boiled, makes a richer salad.

YEAST FOR THE QUICK BREAD

Its Proper Preparation Has Much to Do With the Success of the Baking.

Two hour bread is mixed, kneaded, raised, and baked in two hours. But first there is yeast to make for it. To make yeast for the two-hour bread, boil six potatoes until soft. Take out, mash them, and add them to the wa- ter (there should be one quart of this) with four tablespoonfuls of sugar, two tablespoonfuls of salt, two tablespoonfuls of shortening, either lard or but- ter, and set all aside until lukewarm. Add, then, half a cake of yeast which has been dissolved in half a pint of lukewarm water; stir in half a cupful of flour and let the yeast stand 35 hours. Use one and a half cupfuls of this liquid for each loaf and just enough flour to keep the dough from sticking to the board. Stir in with a spoon, then knead on the breadboard for 30 minutes and shape into loaves. Let these rise again until they are the size you wish the loaves to be, put them into the pan, and bake 30 or 40 minutes.

Lamb Souffle.

Melt one tablespoonful butter, add one-half tablespoonful flour and stir until well blended; then pour on gradually, while stirring constantly, one cupful of milk. Bring to the boiling point, add one-quarter cupful of soft salt bread crumbs, one-half tea- spoonful salt, one-quarter teaspoonful celery salt, few grains of pepper and a few drops of onion juice. Remove from the range, add one cupful finely chopped cold cooked lamb, yolks of two eggs, beaten stiff and lemon-colored; then cut and fold in the whites of two eggs, beaten stiff and dry. Turn into a buttered baking dish and bake 30 minutes in a moder- ate oven. Serve with tomato sauce. Beef, veal or chicken may be used instead of lamb. This dish is easily prepared and a splendid way to use leftovers.

Clam Broth on Bellevue.

Take a dozen large cherry-stone clams. Wash them well and place them in a deep pan, covering them with a pint of water. Let them boil for ten minutes; the hot water will open the clams. Remove the clams and strain the broth through a cloth. Cut up the clams in tiny bits and put them in the soup. For company you can add a little chicken broth to the clam broth and a touch of whipped cream on the top of the individual cups.

Cleanse Sweeper.

When a carpet sweeper gets full of dust, remove all waste collected, take out the brush and carefully pick out all lint, etc. Then apply kerosene on a wad of cloth and rub the ends of the bristles thoroughly with the cloth. It prevents dust rising when the sweeper is used, and brightens the car- pet. A drop of machine oil in the holes where the ends of the brush revolve will do as much as any one thing to preserve your sweeper.

Temper Savers.

Every housewife should have an asbestos glove to wear in handling pots and pans that are hot. This conven- ient glove would save many burns, for even if a pot holder is hung con- veniently close to the kitchen stove it is always out of place when some- thing is boiling over and quick action is necessary.

Walnut and Pecan Creams.

Beat the white of an egg and a table- spoonful of cold water into a pound of confectioners' sugar. Add three tea- spoonfuls of vanilla. Shape the cream into balls, and into each ball press two walnut or pecan meats. Perhaps more or less sugar will be needed to make the paste of sufficient thickness to melt easily.

Ventner Pudding.

Mince some cold roast beef, and to every pound add one-half pound of breadcrumbs soaked in a little stock, a spoonful of butter, pepper, celery salt and an onion chopped fine. Mix well, pour into a dish, cover with two whole eggs well beaten and seasoned and bake until brown. Serve hot.

When Making Cakes.

A quick way to clean currants when making cakes is to put the fruit into a colander with a sprinkling of flour and rub round a few times with your hand. It is surprising how quickly the stalks are separated and come through the small holes.

Laura Jean Libben's Talks on Heart Topics

Copyright, 1914, by the McClure Newspaper Syndicate. SHE COULD NOT GAIN HIS LOVE.

She was all midwint; yet 'twas writ Upon her beauty lightly: "He that's for heaven itself unit Let him not hope to merit me."

There's such a possibility as starting wooing all right or wrong! It is reason- able to suppose that his heart and thoughts have gone out to a girl when he seeks her society exclusively. All couples who are not intended for mating. Hundreds of letters reach me from disgruntled wives; many of them bewail the fact that they have made bad marriages; their happiness is ruined for life because they were tricked into mat-

rimony by fraud; led to suppose that they were wedding a man of exem- plary habits; that they had gained a true and loving mate.

Also, they declare that they would as soon have jumped into the fire as to have become the wife of a man having such a violent disposition had they but known it, though they kept company steadily for years. As a mat- ter of fact, these women did know the disposition of these lovers. If they did not, it was because they willfully blinded their eyes to their shortcomings. When a lover begins to get will- fully lax in his attentions to his sweet- heart—for instance, having no hesita- tion in breaking his engagements with her repeatedly for no special reason, indifferent as to whether she likes it or not—he does not need to wear a sign to the effect that he'll make her a careless husband.

If his eyes are on every pretty girl whom they pass, regardless that her eyes are on him, she doesn't have to light a dozen candles of her imagina- tion to see clearly that he'd give her no end of trouble after marriage if he's always chewing cardamom seeds and cloves when he comes to see her, she ought to reason it out that he does not take them for his health. If he's on the street with her and leaves her for the ostensible pur- pose of getting a cigar in the corner saloon and comes out wiping his lips, explaining that they didn't have his brand, she's a very gullible young woman not to know that he's had a drink; and if he cannot refrain from repeating this operation at least a couple of times during their walk, it's the irony of amusement to hear her complaining in after years that it was the last thing she ever dreamed of that she was marrying a drunkard to disgrace her and the children.

So on the women write, naming all the faults in the calendar. Once in a while one of these husbands writes me trying to defend himself from the charges he knows his wife has made. In a letter she has sent out to me. He says, with blurt frankness: "It's all moonshine that Mary didn't know what sort of a fellow I was when we were going together. She knew I came from a long line of ancestors who loved women, not wisely, but too well; and with me money burned in my pocket. It was come easy, go easy. And as for my reason for stop- ping at saloons, she should have had sense enough to know I did not go there to pray." Girls should study their lovers carefully and raise what complaints they have to make before marriage, or forever after hold their peace.

DO RICH WIVES NEED SUPPORT?

Ah, what shall I be at fifty, Should nature keep me alive, If I find the world so bitter, When I am but twenty-five.

When a man marries a poor girl who hasn't the second dress to her back and not a cent in her purse, he knows that it's up to him to provide the wherewithal for the rent, the food, clothes, and expenses of every kind. The rightly disposed man is mighty glad to be able to do it. He is proud to contribute not only comforts but luxuries for the woman who chose him in preference to all others. But how about many a man who marries a rich wife? He knows if he does not provide her with a new silk dress, modish furs, and plumes for her hat which cost a fortune, her daddy will. He has no incentive to redouble his energies in the line of work, and does not trouble himself as to the future.

Even the daughters of the rich are old-fashioned enough to believe it is the husband instead of the father they should look to for support; that he should consider this the first and fore- most of his matrimonial obligations. If the father of the rich wife loses his fortune, what is to become of her if she has not a husband she can look to in her hour of need? Her fine house- furnishings, her jewels, or clothes will not keep the roof over her head for any length of time. If disposed of, they go for a song. This goes to show that no matter how rich a girl may be through her parents the man who mar- ries her should not consider this suffi- cient cause why he should be delin- quent in her support. From the hour she leaves her father's roof she should be her husband's care.

When a wife finds that a man has no intention of providing for her, though he may be able to do so had he cared for her sufficiently, her love receives a shock. Slowly, but sure- ly, she becomes disillusioned. When the seed of discontent is sown in mar- ried hearts the dove of peace is ready to take flight from the nest. With most wives breeding has been suspended

in its train. Recriminations are apt to follow. Those who think that love once formed can never die make a big mistake. It can die, like a flower chilled by a sudden and unexpected frost. It is killed by harsh and cruel. Nothing in this world has power to re- vive it.

Every wife feels the need of a strong arm to depend upon if misfor- tune should turn its frowning face upon her. The girl who has been brought up to earn her own living is brave and self-reliant if adversity's storm comes upon her. Not so she who has been born and brought up with a silver spoon in her mouth, so to speak. She has no trade or profes- sion; nor is she ingenious in making fancy work or knowing how to earn her own living in any way. The man who marries a girl of this kind takes her with all of her advantages in prosperity and disadvantages in ad- versity.

ARE MEN OR WOMEN MORE FAITHFUL TO LOVE?

To keep one sacred flame Through life unchilled, unmoved; To love in wintry age the same As first in youth was loved; To feel that we adore To such a fond excess That, though the heart would break with it, could not live with less.

When I hear people speak of men being inconstant ever, to one girl constant never, I think it a pity that they have no acquaintance with the noble men I have known. Men who admire too ardently on short acquaintance are few and far between. If you intro- duce a gentleman to a lady today and a short while after ask each how they like the other, the woman will tell you frankly: "I have met him so few times that I really cannot form an opinion. He seems to be pleasant, therefore agreeable. But men have a habit of putting their best foot for- ward when they are toeing the mark of first acquaintance." The man will tell you: "She is a beautiful girl, with a charming personality, but we have not been through in contact suffi- ciently to determine each other's dis- position."

This conveys the idea that before they are willing to fall in love, men require something more than a beau- tiful face and bewitching manner. A very youthful man might be caught by dash and glitter. The older man knows that is like the froth from champagne—when the bubble is blown off the wine is tasteless. When the supply of brilliant small talk is ex- hausted a girl finds it difficult to be entertaining.

The man of good judgment wants a sensible young woman whose judg- ment, ready sympathy, and good lis- tening qualities make her an agree- able companion at all times and under all circumstances. Esteem is the foundation of his love. The oftener he meets such a woman, the more grateful is he for the privilege of her friendship. When he is lonely he turns to her for consolation as the sunflower turns to the sun. Slowly and by degrees comes the thought to him that a man would do well to rest his happiness in such fair hands.

When this thought becomes fixed in his mind the lamp of love has been lighted in his heart; the steady flame cannot be easily extinguished. If aught happens to part them, never again, of his own volition, would he fill her place. The hearts of women are faithful in love, but their fatures crave love fully returned. Of course, there are those who love but once and forever. There are others of the sex who, having known love, will never afterward consent to live with- out it. If the object which inspires it is feckle and from them should go, they dry their tears and look around for someone else to comfort them. You hear a great deal about men breaking women's hearts, but you seldom hear of the men who are martyrs on love's altar. It is easy to be faithful in love if hearts are truly mated. Weighing both sides carefully, faithfulness in love is the uppermost trait in both sexes. Men hide this characteristic a little better.

Battleship Churches.

At 10:15 a. m. "church call" is sounded through the ship, the church flag is hoisted over the national en- sign, and the men gather to the strains of the band or orchestra in the large gun compartment on the main deck. A hymn is sung, followed by re- sponsive readings, hymns, prayer, Scripture reading, special music (at times), a talk of about twenty min- utes, followed by a hymn and closing prayer in which all join; the service is then closed with the benediction. The ship's orchestra accompanies the hymns and the enthusiastic singing would be an inspiration to the aver- age church. The unity and regularity with which the men join in the re- sponsive readings is remarkable. In- tense interest is shown throughout the service. Better listeners could not be found than the enlisted men of the navy.—Christian Herald.

An Island of Giants.

Tory island does not, as one might imagine, derive its name from "rob- ber"—the now respectable source of the name of one great party in the states. The name comes from Torach, towery or full of towers. Although not so big as Epping forest, the island once housed a race of giants, the Fomorians, chieftain of whom was Balor of the Mighty Blows, a one-eyed gentleman who built himself undying fame for keen-sightedness and skill as a cutthroat. Tory island is now civilized, with the usual village post office life. What the islanders chiefly keep in memory is the wreck of H. M. S. Waip in September, 1884, with the loss of all the crew except six. The vessel had been sent to the island to enforce payment of rent or evict the tenants. Since the wreck nobody had the courage to sail or go back.

Amended the Author.

Little Lois had been given a short poem to commit to memory by her teacher. In it these lines occurred: "Sail on, ye mariners, the night is gone." Later when requested to repeat the poem, she rendered the lines men- tioned thus: "Sail on, ye married men, the light is gone."

CORSETS OF STEEL

Cheerfully Worn by Women of the Middle Ages.

As is the Case Sometimes Today, Their Thought Was "Anything for the Fashionable Figure"—In- struments of Torture.

Greek and Roman women knew a device for compressing their waists which was, in some ways, an equiva- lent of the modern corset. Old Homer tells of Juno "wearing a girdle with a hundred fringes," and those who would doubt that these girdles were pulled as tightly as stays may read in Terence, the great Roman writer of comedies, a description of a belle as "not being a young girl like one of our own, whose mother compels her to tighten her body so that she may have a small waist."

The rest of Europe, receiving this style from the Romans, proceeded as the centuries went by to turn it into a veritable instrument of torture. There were corsets of stiff, unyielding leather, cramping the torso into rigidity. And, worse still, fashion finally dictated a corset of metal. Some ex- amples are to be seen in the Museo Carnavalet in Paris. One is made of iron cross-bars securely riveted to- gether. Others were forged out of two sheets of metal with holes punched to make them lighter.

In the fifteenth century Spain be- came mistress of the world and set its fashions. Then came into vogue the Spanish basquine, a long, tight cor- set made of strong linen and fastened to a busk of wood or metal. The menace to health supplied by these monstrosities caused Henry III of France issuing an edict prohibiting their use. Montague, frank old pagan



Corset Cover of Steel Worn in Time of Catherine de Medicis.

that he was, could not forbear a word of admiration at the way in which the women voluntarily endured in or- der to be in fashion. "In order to make their bodies Spanish," he wrote, "what hells will women not suffer!" Two centuries ago a writer of the times upon dress, told of seeing at the Italian opera a singer "whose waist was painful to look at, for the lower part of her figure appeared like the monstrous appendage of a wasp, united to her body by a slender filament." Even in the nineteenth century there was a Parisian actress in the music halls of London with a waist so thin that spectators are said to have been in constant expectation that she would snap in two.

At Ninety Walks Ten Miles a Day.

Fourteen years ago two doctors of Binghamton, N. Y., told William W. Hemingway that he hadn't more than a year to live. Since that time he has attended the funerals of both, and now has passed his ninetieth birthday. "I just made up my mind to fool 'em," he says, "I started walking. The first few months I walked nearly two miles a day. Now, unless the weather is bad, I seldom go less than ten miles, and have often walked as much as twenty."

Doctors sometimes stop Mr. Hem- ington on the street and urge him not to overdo his exercise. "I don't know when to stop," he confesses. "I get up in the summer usually at four o'clock. Cold weather keeps me in bed half an hour longer."

Monte Carlo Still Open.

Word comes from Monte Carlo that in spite of the war in Europe the little principality's neutrality is still un- broken, and the Casino is open for business as usual. This announcement was received by some of the New York hotel proprietors, in the form of let- ters from the manager of one of the big hotels, who seems apprehensive that Americans may be deterred by the thought that the Casino de Paris, the American bar and the Tir aux Pigeons are not performing their usual functions.

He neglects to point out how the American can reach Monte Carlo just now in anything like the comfort he has been used to, without running into some part of the war.

Fine Virginia Apples.

Virginia stands as one of the best apple growing states in the Union. Nothing better in apples grows than the Albemarle pippin, the Astrakan, the Gravenstein and the winesaps grown in the Blue Ridge belt. There the growers cultivate their trees to the highest extent and take the ut- most pains in packing. The Virginia apples are sold all through the South at very high prices, and are seldom to be found in northern markets.

Clever.

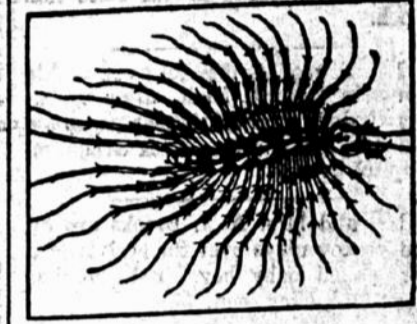
"Eliggins is a clever story teller." "Why, he has been telling the same story for years!" "Yes, but he keeps you listening. Every now and then he manages to think up another, beginning and make you believe it's going to be a new one."

VISITOR NOT WANTED

House Centipede Always an Un- welcome Guest.

That It Keeps Down Other Small Pests is Not Sufficient in the Eyes of the Housewife— Creature of Damp.

The house centipede, particularly within the last 20 years, has become altogether too common an object in dwelling houses for the peace of mind of many housewives. It is a very fragile creature, capable of rapid movements, and elevated considerably above the surface upon which it runs by very numerous long-legs. It is a creature of the damp, and is particu- larly abundant in bathrooms, moist



House Centipede.

closets and cellars, multiplying ex- cessively also in conservatories, espe- cially about places where pots are stored, and near heating pipes. If it were not for its uncanny ap- pearance and the rather poisonous na- ture of its bits, this centipede would not necessarily be an unwelcome visitor in houses, but might be looked upon rather as an aid in keeping in check various household pests. Its appearance in dwellings, however, is not often welcomed, notwithstanding its useful role.

It can be best controlled by keeping the moist places in houses free from any object behind which it can conceal itself, or at least subjecting such locations to frequent inspection. In places near water pipes, or in store- rooms where it may secrete itself and occur in some numbers, a free use of fresh pyrethrum powder is to be ad- vised.

The house centipede is a southern species, its normal habitat being in the southern tier of states and south- westward through Texas into Mexico. It has slowly spread northward, having been observed in Pennsylvania as early as 1849, and reaching New York and Massachusetts thirty or thirty-five years ago, but for many years after its first appearance in the latter two states it was of rare occurrence. It is now very common throughout New York and New England states, and ex- tends westward well beyond the Mis- sissippi, probably to the mountains.

The popular belief is that this centi- pede is extremely poisonous, and, as it belongs with the poisonous group of centipedes, it cannot be questioned but that the bite of the creature is probably somewhat poisonous as well as painful, though the seriousness of the results will be dependent, as in all similar cases, on the susceptibil- ity of the patient. The poison in- jected in the act of biting is probably merely to assist in numbing and quiet- ing its victim, and in spite of its abundance in houses in the North, and for many years its much greater abundance in the South, very few cases are recorded of its having bitten any human being, and it is very ques- tionable whether it would ever, un- provoked, attack any large animal. If, pressed with the bare foot or hand, or if caught between sheets in bed, this, like almost any other insect, will unquestionably bite in self-defense, and the few cases on record indicate that severe swelling and pain may result from the poison injected.

Prompt dressing of the wound with ammonia will greatly alleviate the disagreeable symptoms. Philippine Schools. A valuable outgrowth of American educational work in the Philippines has been the school garden. There are more than 3,000 of these in con- nection with the public schools, and they have proved so popular with the children that 23,000 home gardens have been started, supervised by the school authorities. Girls in the schools are taught to weave cloth and with it make their own garments. Boys wear hats which they have made. Basket making, cane seating, pottery and other industries which are taught have notably changed village life in all that makes for order, thrift, indus- try and comfort.

Twins.

"I don't like to see warring armies call too persistently on Providence. It savors of arrogance and self-right- eousness. Providence may take re- venge." The speaker was Bishop Lincoln L. Miles of Duluth. He went on: "There was once a young couple that expected a visit from the stork. The husband was anxious that the stork bring a girl; the wife was anxious for a boy. Being very religious, both besought Providence morning, noon and night to grant him or her desire. "And Providence heard. Providence granted both prayers."

The Explanation. George Cohan, at a luncheon at the Players' club in New York, was talk- ing about a millionaire banker of sixty-two, whose wife threatened to divorce him on account of his "ward," a beautiful chorus girl of seventeen.

"Home," said Mr. Cohan, in his quaint way, "home is where the heart is. Well, some of our grand old mil- lionaires are so big-hearted they naturally have to have several homes."

A Get-Rich-Quick Scheme. "There must be some fine business opportunities in those permanent trenches of the allies." "For instances?" "To like to be able to operate a little tobacco store there for a few weeks."

Vote

# Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

## THE FOUNDATION OF HEALTH.

All life is dependent alike for its awakening and for its maintenance upon the influence of certain chemical factors, among which heat and moisture may be regarded as paramount. The organisms now living on this earth are known as plants and animals and without exception one and all are subject to the same laws. This makes for a close correspondence among all life and thus it is possible for us to unravel and expose the tangled sources of our physical ills with comparative ease. The study of plants is called botany and that of the animals is known as zoology, while the study of living things in general, including both animals and plants, is known as biology. Humanity owes a vast debt to biology and that debt is increasing every day.

Biology teaches us that there is no room for chance in nature and that unrestricted growth never results in discord. Discord is always artificial. Whenever there is any "unnatural" condition we know there must have been some interference to account for it. And the present drift in the medical world is to locate this interference.

Research work conducted along these lines with fish, chickens and the like has recently exposed many interesting and extremely illuminating facts with relation to the subject of the disease known as cancer, and makes it very clear that we really might solve most of our physical troubles in much the same way if we would only learn to heed the lessons acquired in the handling of the lower organisms.

Incubation is a word in common use; it is derived from the Latin words meaning to brood, or to lie on, and specifically it means the action of the hen in sitting on her eggs to hatch them; the word is also used in pathology as expressing the development within the human body of the germs of disease, and it is especially associated with the artificial means of hatching eggs with incubators or for any analogous purposes of an artificial foster-mother nature. Artificial incubation was known to the Egyptians and to the Chinese almost from time immemorial, but it is of comparatively recent use in this country.

If 100 ordinary fertile hens' eggs are placed in an incubator equipped with a suitable device for regulating the amount of heat, air and moisture admitted, and it is regulated to maintain a temperature of approximately 104 degrees Fahrenheit, very marked changes may be noted in the interior of the egg from day to day as the result of the absorption of the heat.

Assuming the temperature and moisture in the interior of the incubator to have been normal, candling the 100 eggs on about the fifth day of incubation will reveal remarkable changes taking place in them; the developing germ, with blood vessels radiating from it like a spider web, will be distinctly visible. Candling again about the tenth day will show a further advance, and at this time usually not a few of the developing chicks will be found to have died. The percentage dying at this stage is determined by the general vitality of the flock laying the eggs. If for any reason the flock is not in normal condition there will not be sufficient vitality in the germs to carry them further and they die. Again on the fourteenth day it is customary to candle or test for the dead ones, for again there will be some with only sufficient energy to get this far. Between the tenth and fifteenth days the chick becomes relatively large and bulky, the temporary respiratory apparatus, together with its veins, increases greatly in size and extent and the life processes proceed with greater activity. On the nineteenth day it is the rule again to search for the dead ones and then the machine is usually not touched again until the hatch is completed.

If the temperature and moisture have been maintained approximately normal, the chicks will break through their shells on the twenty-first day.

Chicks resulting from a normal hatch are active and alert. They begin to pick about and feed as soon as dry and under ordinary care easily reach maturity. But chicks from either a premature or a delayed hatch are inactive from the start, not alert and easily contract all manner of bowel diseases.

Then He Popped the Question. "One of the liveliest figures in the social world, a young woman whose engagement was announced a couple of weeks ago," said a New York social climber, "brought about the proposal by an ingenious trick, which set off her peculiarly contrasting frocks on the strikingly contrasting frocks on the same evening. There had been reports that the young woman was irritated by the slowness of the men she favored. On the night in question, at a dinner party in her home, the girl wore a beautiful creation of a delicate rose shade, and it was observed that she was unusually animated in her exchange of small talk with the men in the case. To the guests it seemed a real disaster when a servant stumbled and dashed coffee on the rose gown. Of course, the young man was the most sympathetic of all, and he hurried out. She surprised the company by appearing five minutes afterward in a white gown of water, water beauty than the rose one. It was a transformation so quick the young woman was received with exclamations of delight. But society

Under the most favorable conditions incubator chicks are never equal in general vitality to the normal hen hatched chick. They are less resistant and more subject to disease. We have not yet mastered nature's secrets either with the lower organisms or with our own species, and for this reason we can well afford to draw lessons from the experience acquired in the various hatcheries. The foundation of good health is good air and good food. Food to the nursing mother bears the same relation as lamp heat to the incubator, and if there is a deficiency in any degree, in either case the developing life is certain to pay the penalty in lowered vitality; while if we take an excess of deficient foodstuffs we must likewise pay a penalty.

## ARTIFICIAL FEEDING.

Inasmuch as health is the natural and normal state of mankind, it should not be difficult to preserve one's health. And it is not. But because health is inherent in us, and because we are elastic and therefore tend perpetually to revert to the normal, whatever the provocation, with very few exceptions we obstinately and fatuously cling to habits and practices certain to impair our physical inheritance, until some sharp and severe experience lashes us into a consciousness of corporal limitations and compels the recognition of natural laws.

Without exception ill health, physical debility, sickness and suffering in general come through repeated violations, either on one's own part or on the part of others, of the laws of this universe, of which we are a constituent part.

Too often irreparable damage is done to vital organs before we become conscious of the breakdown, and then it is too late to do anything.

As a matter of fact the problem of life itself can be solved only by the study of that takes place in the minute portion of the cell, for it is in the "centrosome"—a roundish body alongside the nucleus of a cell that is undergoing division—that the new formation of an individual begins. Remember that cells increase by division; there is no corpse; each cell splits into two, indefinitely. We cannot all become cytologists—cell experts—but we can easily acquire a personal working knowledge from observation of any one of the lower organisms—such as the chicken, for instance—sufficient for all practical purposes as a safe guide to better things if it will but open our minds to the truth.

To begin with, we do not know, here in this country, how many children are born annually, because only a few states require birth registration, and we are therefore unable even to approximate the percentage of infants stillborn as the result of conditions identical in principle with those that cause the death of the chick in the shell. But we do know from statistics returned on approximately 80 per cent of our population of 100,000,000 that at least twenty-five per cent of all infants born die before they reach one year of age. In contrast with this condition we know that if a sitting hen is given eggs from the same pens from which the incubators are supplied and from which an 80 per cent hatch is considered highly satisfactory, the hen will, with but few exceptions, produce hatchlings approximating 100 per cent.

The mortality in the incubator is insignificant compared to that which takes place among chicks under artificial brooding and feeding conditions, that is to say, during that period of life before the chick is sufficiently mature to be able to look after its own needs. If the death of forty to sixty or more per cent of a given flock of chickens ended the matter we might content ourselves with the idea that inasmuch as each species tends to increase indefinitely, the check known always to be in action, even though we are not able to perceive it, which is simply nature's method of preserving a balance, must result in an improvement of the breed. But unfortunately, this is found not to be true; for invariably those survivors of conditions which produce these very heavy mortalities are themselves so shattered physically that under the same conditions only a few generations suffice seriously to deteriorate a fine strain and, if persistently followed, quickly lead to total extermination of the line.

On every hand we find these conditions closely paralleled in the human species. Deficient food supply to the pregnant woman gives the same result following lack of heat in any other incubator, and an excess produces about the same effect as too much heat in the machine; both inevitably lead to deterioration in the child; while artificial feeding is known to be fully as disastrous to the child as is so clearly proved to be to the chick and its descendants.

The solution is comparatively simple and consists in nothing more than training women to have a fit appreciation of the obligations of motherhood and to act accordingly and conscientiously to prepare to meet the natural demands.

began to do some thinking then when, two days afterward the engagement was announced. By this time it is believed generally that the servant had been rehearsed carefully in his role, and that the young woman's maid was waiting with the white frock in readiness for the call of her resourceful mistress."

## Activities of Women.

Miss Della Crewe of Waco, Tex., has started on a motorcycle trip around the world, accompanied by her pet Irish bulldog.

In Philadelphia there are 11,369 girls from fourteen to sixteen years of age employed in the shops, factories and stores.

Six thousand out of the nearly ten thousand mentioned in the Woman's Who's Who in America are or have been married.

The French relief fund in the United States is being looked after by Mme. Jussard, wife of the French ambassador to this country.

Today's neglect spells tomorrow's worry.

# Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

## SHOULD NOT BE A DRUDGE OR A BOLL.

"There are some things it doesn't pay us to get," said Vice-President Marshall in a recent address. "For instance, it doesn't pay a man to get so much money that he becomes ashamed of his old-fashioned wife and no longer wants to trot in her society."

Not long ago a man who abandoned his wife and who tried in every way to provoke her to get a divorce from him so he could marry a young and attractive girl, finally told her that she was not good-looking or stylish enough for him, that now that he had money he wanted a wife who could show off in society.

This poor woman had made all sorts of sacrifices in their early days of struggle with poverty. For years she had worked and sacrificed herself of necessities to help her husband get a start in the world, and to care for and bring up his children without a purse of maid. She made a drudge of herself, but when he had become prosperous he had no use for the worn-out wife, with her burned-out beauty and her wrinkles, which had paid the price of a large part of his prosperity; he wanted to cast her aside for a young, fresh and attractive wife.

In the trial the wife said: "I worked from seven in the morning until eleven o'clock at night. But now that I am no longer needed in the business, he has heaped upon me insults untold. He has neglected and failed to properly provide for me."

"He repeatedly told me that I was not fashionable enough for him," the wife concluded. "He liked dressy women. He took me to one place and pointed out a Miss K. and said he had spent \$4000 wiring and dining her."

The world will never know the tortures, a thousand times worse than death itself, endured by wives of prosperous husbands, who so often prefer suffering to scandal and endure a living death rather than expose their husbands, who have been fascinated by younger and more attractive women.

One of the most pathetic spectacles in American life is that of the faded, outgrown wife standing helpless, in the shadow of her husband's prosperity and power, having sacrificed her youth, beauty and ambition—nearly everything that the feminine sex holds dear—to enable an indifferent, selfish, brutish husband to get a start in the world.

It doesn't matter that the wife sacrificed her opportunity for a career, that she gave up her most cherished ambition in order to make a ladder for her selfish husband to ascend by. When he has once gotten to the top, like a wily, diplomatic politician, he often kicks the ladder down. He wants to make a show in the world; he thinks only of himself. His poor, faded, worn-out wife, standing in his shadow, is not attractive enough for him now that he has gotten up in the world.

The selfish husband thinks that he should have a clear track for his ambition, and that his wife should be content, even grateful, to be allowed to tag on behind and assist him in every possible way in what he considers the grand life work of both of them—to make him the biggest man possible. It does not even occur to him that she could have an ambition, willing up within her heart, a longing to answer the call which runs in her own blood, and a yearning to express it in some vocation as well as he.

I do not believe that the Creator has limited one-half of the human race practically to one occupation, while the other half has the choice of a thousand.

"But," many of our men readers will say, "is there any grander profession in the world than that of home making? Can anything be more stimulating, more elevating than home making and the rearing of children? How can such a vocation be narrow, low, monotonous?"

Of course it is grand. There is nothing grander in the universe than the work of a true wife, a noble mother. But it would require the constitution of a Hercules, an infinitely greater patience than that of a Job, to endure such work with almost no change or outside variety, year in and year out, as multitudes of wives and mothers do.

The average man does not appreciate how almost devoid of incentives to broad-mindedness, to many-sidedness, to liberal growth, the home life of many women is.

The business man and the professional man are really in a perpetual school, a great, practical university. He is continually coming in contact with new people, new things, being molded by a vast number of forces which never touch the wife in the quiet home.

I believe in marriage, but I do not believe, in that marriage which paralyzes self-development, strangles ambition, and discourages evolution and self-growth, which takes away the life purpose. Nor is it necessary that the wife should work like a slave in order to grow. There is a certain class of men who go to the other

## Bad Practices Discouraged.

Getting married in Burma is not entirely a pleasant operation. Custom warrants the practice of throwing stones at the house of the newly-wedded, but not blackmail, and when recently a band of Burman youth demanded money before they would depart the law stepped in and sentenced the leaders to heavy imprisonment and corporal punishment.

Eight nations in the European war have 17,000,000 fighting men.

strains and makes slaves of their wives—work them half to death. But physical drudgery does not develop power. The slave wife is as badly off as the doll wife.

A wife should neither be a drudge nor a dressed-up doll; she should develop herself by self-effort, just as her husband develops himself. She should not put herself in a position where her inventiveness and resourcefulness and individuality, her talent, will be paralyzed by lack of motive.

Everything in the whole environment of tens of thousands of Americans tends to stifle a broader, fuller life.

A healthy mind must be an active mind. Vigor and strength cannot be built up in man or woman by inaction of a life of indolence or monotony. There must be a purpose, a vigorous, strong aim in the life, or it will be nerveless, insipid and stale.

For centuries women themselves accepted man's estimate of them, and were content to walk in his shadow. But since the higher discovery of woman in the last century a new order of things is being brought about. Women are becoming less and less dependent upon men and more inclined to live their own lives. They are beginning to see their own possibilities, that they can have careers and ambitions as well as men. The girl of today expects a liberal education and looks forward to a career of her own. Women have at last learned that men have not monopolized all the genius, that ability knows no sex. And the wife is beginning to realize that there is one thing she should guard as the very jewel of her soul; that is, the determination to keep pace with her husband.

## HOME, SWEETEST WORD IN THE LANGUAGE.

The story is told of a perplexed young man who wrote to the query department of a newspaper to know whether the editor would advise him to buy an automobile or get married. He said he could not afford to do both, and was in a quandary.

The editor cautioned the young man to deliberate earnestly and not to make up his mind without due consideration. He was reminded that while an automobile costs more it doesn't talk back, and that a second-hand automobile could be traded for a new one. It is not recorded what was the decision of the irresponsible young man.

There have been men, good men, whose lives, measured by ordinary standards, were successful, who never married; but those who hear or read of these feel that such careers were incomplete.

To a certain degree, a young man should look upon marriage from a utilitarian standpoint. A good wife is so much capital. She makes him to be, by a kind of grace, a great deal more than he is by nature. She contributes the qualities needed in order to convert his vigor into a safe as well as productive efficiency. She introduces, for instance, into his intellectual nature that ingredient of sentiment which intellect requires in order to be able to do its best work and makes home an Eden. "To Adam, Paradise was home; to the good among his descendants, home is paradise."

Most married men are saner, much more normal and level-headed, economical and careful, on account of their wives. A model home is a great corrective for a man. It keeps him up to standard and saves him from getting blue and discouraged. It develops the affectionate side of his nature and renders his character stronger and more symmetrical. Men can produce very much more because of harmony and affection in the home.

There is nothing else which will call out the divinest qualities of a man or woman like unselfish service. The very consciousness that one has others depending upon him tends to call out the best in him.

A happy marriage brings sunshine into the life and broadens, softens and sweetens the character. It is a great educator, a perpetual influence for good.

Who could estimate what civilization owes to man's dream of a happy home of his own? What an incentive to man in all ages has been this vision of a home of his own! It is this picture which holds the youth to his task, buoy him up in times of hardship and discouragement. This picture of a home, this vision of a little cottage and some fair maiden waiting at the door—this home vision has ever been the great incentive of the struggler, the greatest incentive of mankind! It is the dream of "a home of my own" that has lifted multitudes of youths out of obscurity.

There is no spur on earth which has had anything like the influence over man that this home vision has. The thought of his home and wife and children, dearer to him than life, keeps vast multitudes of men grinding away at their dreary tasks, when they see no other light in the distance. To multitudes of people home is the only oasis in their desert life.

Home is the sweetest word in the language. It has ever been the favorite theme of the poet, the author, and the artist. History is packed with the achievements of men for the sake of the home. They cross oceans, they explore continents. They endure the heat of the tropics and the cold of the arctic; they explore mines in the wilderness, but themselves off from civilization for years for the sake of wife and home.

## Women are always sincere when angry.

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## Military Dances.

The Highland fling symbolizes victory. The schottische millaire, that was popular some years ago, was another Scotch dance with a military suggestion. Many old prints show that the baggage of Scotland accompanied the military dance, as it does today, and to its strains fighting is being done that emulates that of past centuries.

Many trains of thought carry no freight.

# KNIT BABY'S BONNET

PRETTY HEAD COVERING THAT IS EASY TO MAKE.

Best, Perhaps, in Rabbit Yarn or Saxeony—Success Will Be Sure if One Will Follow the Directions Given Here.

How cunning the little baby bonnets are knitted in rabbit yarn or saxeony, and so easy to make! Indeed, anyone who can do the plain knitting stitch can make a bonnet by following directions:

First, it is necessary to find the face size. This will be 12, 14 or 16 inches, according to the age of the child to wear it. Four skeins of two-fold, saxeony wool will be required, white or pink, as preferred. To make the bonnet cast on 75 stitches, using No. 2 bone needles. Knit 12 ridges for 14 inches, or 167 ridges, and bind off.

To make the band round the neck of the crown, with a steel needle pick up one stitch from the 107 ridges.



Made of Rabbit Yarn.

Start on the right side and decrease to 54 stitches by knitting two stitches together to end of row. Knit 12 ridges on these 54 stitches, then bind off. If the bonnet is white, make the turn-back flap of white satin or corded silk—a strip of ribbon about 3/4, or 4 inches wide will answer. Decorate with embroidered rosebuds, or, if this is beyond the knitter's skill, bought embroidery could be applied. The outer edge should be trimmed with a frill of narrow val lace and the flap lined with a bit of pink India or other soft silk.

The knitting is laid in three plait at the ears to shape the bonnet, the stitches to be concealed under rosettes of pink ribbon.

The raw edge of the flap is turned under the knitted edge and a cap lining of soft white silk fitted in. Then a ruching of lace is sewed in around the face, and lastly the ties of white or pink ribbon are added.

## FIRST TEST THE CRETONNE

Cheaper Grade Not Always a Good Investment—Makes Excellent Furniture Cover.

A cheap cretonne is not always a good investment, as it often becomes thin after a few weeks' wear and looks more like a coarse muslin than a good cretonne, so before investing in a low-priced material it should be tested. To do this take a small piece and rub it thoroughly as if washing. If the threads separate and it becomes thin, it will wear badly, and is not really economical, no matter how cheap the price, but if it passes this ordeal it will probably last as long and wear as well as a much higher-priced one.

A cretonne with a dark background is far more serviceable than one of lighter coloring, and need not make the room appear dark if some cheerful tones are introduced into the floral design.

To cover furniture is not really such a difficult task as many would imagine, provided a reliable pattern can be obtained, and it is first carefully pinned to the sofa or chair and fitted so that any parts which are too large or too small can be altered and arranged. Cretonne is generally 30 inches wide, and a full-sized sofa requires six yards.

When cutting the cover for the sofa the pieces for covering the arms must be laid, before cutting, with their right sides together, or when cut it may be found that they are both for the right or left, and this would involve an enormous waste of material. Also the pattern should be cut on the bias.

## DICTATES OF FASHION

Dance frocks are made of chiffon and are glittering with paillettes.

Band-colored corduroy is seen in women's practical winter coats.

The tunic is now cut in points or scallops. These are edged with large beads. Colored beads, jet and pearl beads are used.

Printed taffeta is a favorite material for tea jackets, and some of the designs and color schemes are as poetic as they are effective.

If the skirt does not flare enough use a reed or thick wire to get the right line. This is done in many of the high priced models and can be copied by you.

Fawn and straw-brown silk linings are used for immensely popular covert coatings, and for the equally well-liked marine blue ones there are linings to match. Shot silk is much used again for the purpose.

Many of the newest blouses have high necks. That is to say, they are buttoned right up to the throat.

Many trains of thought carry no freight.

# KEEP HANDS FROM CHAPPING

Or If They Are Now In Bad Condition Here Are Remedies That Will Help.

The first chilly day is the day one should begin to wage a war against chapped hands. If you can keep your hands from becoming chapped in the transitional weather between hot and cold, you will have little difficulty with them later on, for it is in the first cold days that they are especially sensitive to cold. Still, it is never too late.

Chapped hands are almost always caused by insufficient drying after washing, or perhaps the water was too cold and very hard, or used too hot. Both extremes are bad for the skin.

To preserve the hands in good condition in cool weather, they should, whenever possible, be washed in tepid water, and if this is softened by a teaspoonful of borax so much the better.

Be sure to use a soap of good quality, and when drying the hands take the precaution of rubbing each finger separately.

If the hands are rubbed over once a day with a slice of lemon and a little cold cream, or if mutton tallow is rubbed into them thoroughly before going to bed at night, there will be little danger of the skin becoming chapped or rough.

## FOR THE GIRL WHO SKATES

Appropriate and Attractive Costume of Biscuit Tan Cloth Is Latest Idea of Fashion.

One sees young women in velvet and even silk skating frocks at the rinks in the city, but the real outfit of a girl wears a proper skating frock of which an attractive example is illustrated here. Severely tailored coat and skirt are of biscuit tan cloth and the snug little skating hat is red brown beaver with a band to match. White woolen gloves and a warm scarf, which may be tied over the ears if needed, complete the costume.

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## SUITABLE FOR FLESHY MAID

Many Fabrics Especially Adapted to Her, and Some She Should Be Careful to Avoid.

The girl who is too fleshy should never wear shiny stuffs such as satin. They catch the light on the curve of your figure and make you look much stouter than you really are. Soft dull stuffs are the right things for you.

Never wear a blouse of one stuff and the skirt of another, but always have whole dresses or costumes. A contrasting vest collar or front on a dark dress is quite allowable.

Wear stripes or plain stuffs rather than checks or flowered patterns. Don't have a contrasting belt—it cuts you in two and, by taking away your height, increases your apparent width.

Wear becoming collars. High ones are very unbecoming to a thick throat and, besides, you are nearly sure to have a pretty neck—most stout people have—so you may as well show it.

Let your indoor skirts touch the ground always. Have them made close-fitting on the hips with a good flare out at the foot. A skirt which draws in round the feet always increases the apparent size of the hips.

Let blouse be certainly going out of fashion. At the present moment the most popular models are those which are medium high.

## Cleaning Tinting.

Almost everyone who has tried to clean tinting by washing it knows it is almost impossible to restore the picots to their natural shape in this way. A better way is to soak the tinting in gasoline and while they are wet dust off the pieces with cornstarch. Wrap them in a clean towel and leave them for several hours. Beat the towel lightly, lift out the lace and shake it free of starch. Press the picots into shape and iron lightly on the wrong side.

## Mother's Advice.

"That young fellow has been calling on daughter for several weeks, hasn't he?"

"Yes, pa."

"I think I'll ask him what his intentions are."

"Give him time, pa. He probably doesn't know himself as yet."

Many trains of thought carry no freight.

Many trains of thought carry no freight.

# OF DRIED VEGETABLES

MANY PALATABLE DISHES MAY BE PREPARED.

Need Especial Care but Will Repay Time Given to Them—Excellent Hash Is One Composed of Potatoes and Lentils.

Dried vegetables contain a great deal of nourishment, and if they are properly prepared they can be made into very palatable dishes. They should always be soaked overnight, rinsed, brought to the boiling point, and then simmered slowly with a quarter of a teaspoonful of baking soda in the water.

When the fresh vegetables are scarce the good housekeeper can give a greater variety to her table for a smaller cost if she uses liberally of the dried vegetables as well as of the tinned. Baked beans, porridge and succotash are old standbys that no one has need to be reminded of—but with these time-honored dishes many households seem to find their use of dried vegetables.

If you live in a locality where you can get dried sweet corn, or if you have been forehanded enough to put it up for yourself you are very lucky, for this is far superior to the tinned variety. Canned corn is one of the vegetables whose flavor is entirely changed by being canned. Dried corn is delicious made into corn mock oysters and can hardly be told from the fresh vegetable.

Soak the corn overnight and in the morning boil it up with a pinch of baking soda. Press out the pulp with a sharp knife and to a pint of the pulp add two beaten eggs, one teaspoonful of butter and salt, a dash of pepper, and enough flour to bind. Roll into small cakes and saute them in butter, or drop from a spoon into hot fat to make fritters. These may, of course, be made of canned corn also, and they are sometimes improved by adding a little milk and sugar.

Dried beans and peas make very good purees, but care must be taken to soak and boil them for a sufficiently long time. When they have boiled until they are very tender mash them through a sieve. Place again in the saucepan and stir into them enough hot milk, pepper and salt to season them, add butter and a little sugar before serving.

A very good hash of potatoes and lentils is made from one and one-half cupsful of cold cooked potatoes, two cupsful of boiled lentils, one teaspoonful of salt, pepper to taste, half a cupful of milk and one teaspoonful of onion juice. Cook the hash in a frying pan until brown, and serve with a tomato sauce.

## Potato Doughnuts.

One cupful mashed potato (warm); two tablespoonfuls shortening (warm); cupful and a half of sugar; two eggs; one cupful milk; one-fourth teaspoonful each nutmeg and cinnamon; six cupfuls flour; two teaspoonfuls baking powder. To mix: Put shortening and sugar in mixing bowl and cream; add the warm mashed potatoes and then the eggs, one at a time, until they are mixed well through. Add the flour, baking powder, spices and beat thoroughly. Let stand about half an hour to ripen. Then add enough flour to roll and cut; fry in deep fat until a golden brown. Lay on a wire screen to drop. You will find they stay fresh longer than the old-fashioned kind.

## Wire Cupboards.

A wire cupboard for the kitchen or pantry is a great convenience. It is, of course, impervious to flies, and therefore is useful for holding wafers, cereals and other food in summer, food which does not, however, need to be kept in a refrigerator

# AFRO-AMERICAN CULLINGS

Some weeks ago, through our north-west papers, I made a suggestion that each Negro family raise one or more additional pig this year in order to help bring about more prosperity in the South. I have been surprised to find how well the suggestion has been received and how many are following it. One member in Mississippi writes me to organize a pig club in his county.

Now I want to make one other suggestion, that in my opinion, is of still greater and more practical importance. For months the great cry has been all through the South to stop growing cotton or reduce the acreage. The members of commerce, business and industry, and other bodies have passed resolutions without number urging that we in the South stop growing so much cotton. To stop growing cotton is very easy; in fact, it is always easy to stop work, but merely to stop growing cotton is a more negative proposition and will not do. I fear, leave the South much better off than it is at present. If we do, we are, or are to be, a great industry, we should be very sure to have another pig in its place. In this connection it should be kept in mind as a matter of fact, that if the labor leaves the farm by reason of changing crops it will be very difficult to get the labor to return to the farm in other years.

The great cry is to grow food crops. That is well, but one must keep in mind that the great masses of the Negroes have actually grown the most of the cotton in the South for years, and the live upon the most valuable land in the South, do not hear of the resolutions that are passed by these various bodies. These people have been trained to grow nothing but cotton and do not know how to grow anything else. In fact, in many cases, they have not been permitted and are not now permitted to grow anything else.

We must also bear in mind that the largest land owners seldom visit their plantations, some not more than once or twice a year, and hence can do little service in teaching these Negroes how to change all at once from a cotton-producing crop to a diversified one. Booker T. Washington, in the Birmingham Age-Herald.

John R. Keys, who came to Oklahoma as a homesteader in 1894, with 160 acres, is one of the wealthiest Negroes in Oklahoma, a thriving plantation 20 miles of Muskogee, rich in oil and gas properties. Keys owns a splendid home of two-story brick building, with the best of the best business in the city, and six store buildings, and has the respect of his white and black competitors in business.

During the depression of 1897, Keys and his wife, like thousands of other planters in Oklahoma, had to undergo heavy hardships and sustain heavy losses. For days and days they had scarcely enough to eat. They had to go into the woods and gather acorns from which they made soup and porridge. Today his rents amount to \$1,000 a month, from \$100,000 worth of buildings, and his receipts from the sale of grocer amount to \$1,200 a day.

Dr. Booker T. Washington, as president of the National Negro Business League, has urged his people to "get off the defensive in explaining why the

Last year there were overflows and excessive rainfalls. Many Negroes were unable to make crops at all, especially where they depended upon one crop. A few made some corn and cotton. There is no market for the cotton. They have raised no food-stuff. There is no cash to be gotten. Acute distress prevails among these people. Ask any so-called country banker how many Negroes are leaving homes, and his reply will give a fair answer to the conditions everywhere. Something must be done to prevent the repeated recurrence of these distressful conditions. Will the authorities embrace the opportunity for constructive work among the Negro farmers of Texas? The opportunity lies in the well equipped agricultural department of the state college at Prairie View and the inauguration in connection therewith of extension work for the popular education of these Negro farmers in connection with the provisions of the Smith-Lever bill, which work is being directed by Hon. Clarence Owsley of College Station, Texas. To utilize the plant at Prairie View in this direction

Expert botanists have found that the age of trees can be told by the leaf markings, the older the tree the smaller and more numerous its leaf cells.

Because of its lake and coastwise trade the United States ranks second in the number and tonnage of vessels engaged in commerce, but sixth among the nations in foreign trade.

In ten years France has spent \$60,000,000 on aerial war equipment.

Some of those war nurses are so busy a soldier can't be blamed for looking at them.

France has officially stated its railway mileage at 43,785 miles, in addition to which there are 3,436 miles in Poland and 1,472 in eastern China.

The Egyptian cotton crop is being steadily increased by systematic cultivation.

Uncle Sam's twelve reserve banks started a boom in "green goods."

house that we live in so often has the gate off the hinge, the fence falling down, windows and doors broken and the plastering knocked off. Let us acquire wealth and intelligence so fast that the world will forget our poverty and ignorance. Let us be so thrifty and industrious that people will have no time to talk about our carelessness and idleness. One big, definite fact in the direction of achievement and construction will go farther in securing rights and removing prejudices than many printed pages of defense and explanation.

"I have known of the work of the Creek-Seminole Agricultural college, Boley, Okla., for some time. Am acquainted with John C. Lettwich, the president. The college is to be turned over to the Christian church. Brother Lettwich is a man of ability, thoroughly reliable, a Christian, and is the best representative of his race, working for the Christian church, among the colored people of the state. I am glad to commend him to the brethren and can assure them that any contribution will assist one of the most worthy enterprises with which I am acquainted. Receive him in the Lord. The need cannot be overstated.

"Tours in him,"  
"J. H. O. SMITH."  
The man who bears such a letter from J. H. O. Smith as that given above needs no further indorsement as to his integrity or ability. We have recently had the pleasure of meeting President Lettwich and going over his plans. We unhesitatingly indorse his theory of voluntary segregation. The Negro must work out his own problem, just as every other race must do, and the presence, in close contact, or in a mixed population of another race, so far removed in many elemental characteristics as is the Anglo-Saxon, invariably comes to be a hindrance to true progress.—Christian Standard.

Hampton Institute is proud of the excellent record that has been made by the rank and file of its students. The women graduates and former students are engaged in work which aims to elevate the home, the school, and the community in the vital things of life. The Hampton men have been pioneer workers in agricultural and industrial enterprises. They have sacrificed their personal comforts to engage in uplift work for their people.

Since Hampton aims to train young men and women to earn an honest living and help their respective races, it has combined with rare success the elements of industrial and academic education.  
Dr. George F. Phoenix, vice-president of Hampton Institute, has said: "Moral qualities, which in the aggregate make strong character as well as economic efficiency, are developed through this combination of industrial work by day and academic work by night, as they could not be by either alone, and longer hours are made possible in the trade, agricultural, and domestic science departments."  
"Every student in the trade school has one hour of study early in the morning, eight hours of work in the trade school, and two hours of academic work in the evening period. This makes 11 hours a day, outside of which he must get time for meals, the care of his room, religious services, and recreation. Yet the students gain in health, in skill, in scholarship and in character."

tion will do more to build up a better class of Negro citizens in this state than any other one agency, its wisdom will immediately manifest itself in increased production of a larger variety of crops. The organization of this extension work among Negro farmers at this time is urgent. The effort will meet a hearty response from a grateful people, a patient, hard-working people.—Wade C. Rollins, in the Houston Post.

For the blind there has been invented a watch with the hours marked by raised dots and dashes so that it can be read by the sense of touch.

The school of experience is not a "pay-as-you-enter" institution, but collections are always made somewhere along the line.

Capt. Daniel Powers of Maryville, Pa., is said to have made 3,000 voyages in the Susquehanna river as a raftsmen.

A cableway will soon span the Niagara river over the whirlpool.

Office holders whom the gods would destroy are first made indelicate to the wishes of the people.

The reform bug seldom crawls under the hat of the man who is holding down a fat-salaried official job.

A process has been devised by which rubber is made to cling to steel.

Among other centenarians that have been celebrated lately was that of iodine.

Scotland last year mined 3,154,000 tons of shale.

Italy last year produced 1,436,007, 300 gallons of grape wines.

## USE FOR LEFT-OVER TURKEY

Probably There is No Better Way Than by Converting It into a Salad.

Generally there is quite a bit of the turkey left over, not enough perhaps for a full meal again but quite sufficient for an excellent salad for an evening function, high tea or a course luncheon. If the white turkey meat does run short it is an easy matter to supplement it with some of the dark meat or even roast veal or fresh pork and no one will be the wiser. Cut the meat into dice, then measure and allow an equal quantity of celery, cut in fairly good-sized pieces. If you have any walnuts, butternuts or almonds, cook them in a little stock or boiling salted water for twenty minutes, then chop fine. At serving time mix together the turkey or other meat, nuts and celery and allow to each quart of the mixture, a teaspoonful of salt, a quarter teaspoonful of paprika, a teaspoonful of Worcestershire sauce and if you like it a tiny pinch or clove of garlic, just enough to give a suggestion to the palate, without the odor. Toss and mix well and having lined your salad bowl with crisp lettuce leaves, put in the salad mixed with a little mayonnaise, heap up, mask with more mayonnaise and serve. A pretty garnish for this is the stuffed olives or bits of the sweet red peppers that come in cans. Chicken salad is made in the same way. A few spoonfuls of the stock in which the chicken has been boiled, makes a richer salad.

## YEAST FOR THE QUICK BREAD

Its Proper Preparation Has Much to Do With the Success of the Baking.

Two hour bread is mixed, kneaded, raised, and baked in two hours. But first there is yeast to make for it. To make yeast for the two-hour bread, boil six potatoes until soft. Take out, mash them, and add them to the water (there should be one quart of this) with four tablespoonfuls of sugar, two tablespoonfuls of salt, two tablespoonfuls of shortening, either lard or butter, and set all aside until lukewarm. Add, then, half a cake of yeast which has been dissolved in half a pint of lukewarm water; stir in half a cupful of flour and let the yeast stand 36 hours. Use one and a half cupfuls of this liquid for each loaf and just enough flour to keep the dough from sticking to the board. Stir in with a spoon, then knead on the breadboard for 30 minutes and shape into loaves. Let these rise again until they are the size you wish the loaves to be, put them into the pan, and bake 30 or 40 minutes.

**Lamb Souffle.**  
Melt one tablespoonful butter, add one-half tablespoonful flour and stir until well blended; then pour on gradually, while stirring constantly, one cupful of milk. Bring to the boiling point, add one-quarter cupful of soft stale bread crumbs, one-half teaspoonful salt, one-quarter teaspoonful celery salt, few grains of pepper and a few drops of onion juice. Remove from the range, add one cupful finely chopped cold cooked lamb, yolks of two eggs, beaten stiff with lemon-colored; then cut and fold in the whites of two eggs, beaten stiff and dry. Turn into a buttered baking dish and bake 30 minutes in a moderate oven. Serve with tomato sauce. Beef, veal or chicken may be used instead of lamb. This dish is easily prepared and a splendid way to use leftovers.

**Clam Broth on Bellevue.**  
Take a dozen large cherry-stone clams. Wash them well and place them in a deep pan, covering them with a pint of water. Let them boil for ten minutes; the hot water will open the clams. Remove the clams and strain the broth through a cloth. Cut up the clams in tiny bits and put them in the soup. For company you can add a little chicken broth to the clam broth and a touch of whipped cream on the top of the individual cups.

**Cleanse Sweeper.**  
When a carpet sweeper gets full of dust, remove all waste collected, take out the brush and carefully pick out all lint, etc. Then apply kerosene on a wad of cloth and rub the ends of the bristles thoroughly with the cloth. It prevents dust rising when the sweeper is used, and brightens the carpet. A drop of machine oil in the holes where the ends of the brush revolve will do as much as any one thing to preserve your sweeper.

**Temper Savers.**  
Every housewife should have an asbestos glove to wear in handling pots and pans that are hot. This convenient glove would save many burns, for even if a pot holder is hung conveniently close to the kitchen stove it is always out of place when something is boiling over and quick action is necessary.

**Walnut and Pecan Creams.**  
Beat the white of an egg and a tablespoonful of cold water into a pound of confectioners' sugar. Add three teaspoonfuls of vanilla. Shape the cream into balls, and into each ball press two walnut or pecan meats. Perhaps more or less sugar will be needed to make the paste of sufficient thickness to melt easily.

**Ventner Pudding.**  
Mince some cold roast beef, and to every pound add one-half pound of breadcrumbs soaked in a little stock, a spoonful of butter, pepper, celery salt and an onion chopped fine. Mix well, pour into a dish, cover with two whole eggs well beaten and seasoned and bake until brown. Serve hot.

**When Making Cakes.**  
A quick way to clean currants when making cakes is to put the fruit into a colander with a sprinkling of flour and rub round a few times with your hand. It is surprising how quickly the stalks are separated and come through the small holes.

## Laura Jean Libbey's Talks on Heart Topics

(Continued from the 10th Class Newspaper) SHE COULD NOT GAIN HIS LOVE.

She was all mildness; yet 'twas wit Upon her beauty legibly: 'Tis that for heaven itself unfit Let him not hope to merit me."

There's such a possibility as starting wooing all right or wrong! It is reasonable to suppose that his heart and thoughts have gone out to a girl when he seeks her society exclusively. All couples who woo are not intended for mating. Hundreds of letters reach me from disgruntled wives; many of them bewail the fact that they have made bad marriages; their happiness is ruined for life because they were tricked into matrimony by fraud; led to suppose that they were wedding a man of exemplary habits; that they had gained a true and loving mate.

Also, they declare that they would as soon have jumped into the fire as to have become the wife of a man having such a violent disposition had they but known it, though they kept company steadily for years. As a matter of fact, these women did know the disposition of these lovers. If they did not, it was because they willfully blinded their eyes to their shortcomings. When a lover begins to get willfully lax in his attentions to his sweetheart—for instance, having no hesitation in breaking his engagements with her repeatedly for no special reason, indifferent as to whether she likes it or not—does not need to wear a sign to the effect that he'll make her a careless husband.

If his eyes are on every pretty girl whom they pass, regardless that her eyes are on him, she doesn't have to light a dozen candles of her imagination to see clearly that he'd give her no end of trouble after marriage by too much admiration for other women. If he's always chewing cardamom seeds and cloves when he comes to see her, she ought to reason it out that he does not take them for his health. If he's on the street with her and leaves her for the ostensible purpose of getting a cigar in the corner saloon and comes out wiping his lips, explaining that they didn't have his brand, she's a very gullible young woman not to know that he's had a drink; and if he cannot refrain from repeating this operation at least a couple of times during their walk, it's the irony of amusement to hear her complaining in after years that it was the last thing she ever dreamed of that she was marrying a drunkard to disgrace her and the children.

So on the women write, naming all the faults in the calendar. Once in a while one of these husbands writes me trying to defend himself from the charges he knows his wife has made. In a letter she has sent out to me. He says, with blunt frankness: "It's all moonshine that Mary didn't know what sort of a fellow I was when we were going together. She knew I came from a long line of ancestors who loved women, not wisely, but too well; and with me money burned in my pocket. It was come easy, go easy. And as for my reason for stopping at saloons, she should have had sense enough to know I did not go there to pray." Girls should study their lovers carefully and raise what complaints they have to make before marriage, or forever after hold their peace.

## DO RICH WIVES NEED SUPPORT?

Ah, what shall I be at fifty, Should nature keep me alive, If I find the world so bitter, When I am but twenty-five.

When a man marries a poor girl who hasn't the second dime to her back and not a cent in her purse, he knows that it's up to him to provide the wherewithal for the rent, the food, clothes, and expenses of every kind. The rightly disposed man is mighty glad to be able to do it. He is proud to contribute not only comforts but luxuries for the woman who chose him in preference to all others. But how about many a man who marries a rich wife? He knows if he does not provide her with a new silk dress, modish furs, and plumes for her hat which cost a fortune, her daddy will. He has no incentive to redouble his energies in the line of work, and does not trouble himself as to the future.

Even the daughters of the rich are old-fashioned enough to believe it is the husband instead of the father they should look to for support; that he should consider this the first and foremost of his matrimonial obligations. If the father of the rich wife loses his fortune, what is to become of her if she has not a husband she can look to in her hour of need? Her fine house-furnishings, her jewels, or clothes will not keep the roof over her head for any length of time. If disposed of, they go for a song. This goes to show that no matter how rich a girl may be through her parents the man who marries her should not consider this sufficient cause why he should be delinquent in her support. From the hour she leaves her father's roof she should be her husband's care.

When a wife finds that a man has no intention of providing for her, though he may be able to do so had he cared for her sufficiently, her love receives a shock. Slowly, but surely, she becomes disillusioned. When the seed of discontent is sown in married hearts the dove of peace is ready to take flight from the nest. With most wives breeding large suspicious

in its train. Recriminations are apt to follow. Those who think that love once formed can never die make a big mistake. It can die, like a flower chilled by a sudden and unexpected frost. It is killed branch and root. Nothing in this world has power to revive it.

Every wife feels the need of a strong arm to depend upon if misfortune should turn its frowning face upon her. The girl who has been brought up to earn her own living is brave and self-reliant if adversity's storm comes upon her. Not so she who has been born and brought up with a silver spoon in her mouth, so to speak. She has no trade or profession; nor is she ingenious in making fancy work or knowing how to earn her own living in any way. The man who marries a girl of this kind takes her with all of her advantages in prosperity and disadvantages in adversity.

## ARE MEN OR WOMEN MORE FAITHFUL TO LOVE?

To keep one sacred flame Through life unchilled, unmoved; To love in winter age the same As first in youth we loved; To feel that we adore To such a fond excess That though the heart would break with more, It could not live with less.

When I hear people speak of men being inconstant ever, to one girl constant never, I think it a pity that they have no acquaintance with the noble men I have known. Men who admire too ardently on short acquaintance are few and far between. If you introduce a gentleman to a lady today and a short while after ask each how they like the other, the woman will tell you frankly: "I have met him so few times that I really cannot form an opinion. He seems to be pleasant, therefore agreeable. But men have a habit of putting their best foot forward when they are toeing the mark of first acquaintance." The man will tell you: "She is a beautiful girl, with a charming personality, but we have not been thrown in contact sufficiently to determine each other's disposition."

This conveys the idea that before they are willing to fall in love, men require something more than a beautiful face and bewitching manner. A very youthful man might be caught by dash and glitter. The older man knows that is like the froth from champagne—when the bubble is blown off the wine is tasteless. When the supply of brilliant small talk is exhausted a girl finds it difficult to be entertaining.

The man of good judgment wants a sensible young woman whose judgment, ready sympathy, and good listening qualities make her an agreeable companion at all times and under all circumstances. Esteem is the foundation of his love. The oftener he meets such a woman, the more grateful is he for the privilege of her friendship. When he is lonely he turns to her for consolation as the sunflower turns to the sun. Slowly and by degrees comes the thought to him that a man would do well to rest his happiness in such fair hands.

When this thought becomes fixed in his mind the lamp of love has been lighted in his heart; the steady flame cannot be easily extinguished. If aught happens to part them, never again, of his own volition, would he fill her place. The hearts of women are faithful in love, but their fancies crave love fully returned. Of course, there are those who love but once and forever. There are others of the sex who, having known love, will never afterward consent to live without it. If the object which inspires it is fickle and from them should go, they dry their tears and look around for someone else to comfort them. You hear a great deal about men breaking women's hearts, but you seldom hear of the men who are martyrs on love's altar. It is easy to be faithful in love if hearts are truly mated. Weighing both sides carefully, faithfulness in love is the uppermost trait in both sexes. Men hide this characteristic a little better.

## Battleship Churches.

At 10:15 a. m. church call" is sounded through the ship, the church flag is hoisted over the national ensign, and the men gather to the strains of the band or orchestra in the large gun compartment on the main deck. A hymn is sung, followed by responsive readings, hymns, prayer, Scripture reading, special music (at times), a talk of about twenty minutes, followed by a hymn and closing prayer in which all join: the service is then closed with the benediction. The ship's orchestra accompanies the hymns and the enthusiastic singing would be an inspiration to the average church. The unity and regularity with which the men join in the responsive readings is remarkable. Intense interest is shown throughout the service. Better listeners could not be found than the enlisted men of the navy.—Christian Herald.

## An Island of Giants.

Tory Island does not, as one might imagine, derive its name from "robber"—the now respectable source of the name of one great party in the state. The name comes from Torach, towery or full of towers. Although not so big as Epping forest, the island once housed a race of giants, the Fomorians, chieftain of whom was Balor of the Mighty Blows, a one-eyed gentleman who built himself undying fame for keen-sightedness and skill as a cutthroat. Tory Island is now civilized, with the usual village post office life. What the islanders chiefly keep in memory is the wreck of H. M. S. Wasp in September, 1894, with the loss of all the crew except six. The vessel had been sent to the island to enforce payment of rent or evict the tenants. Since the wreck nobody has had the courage to ask or report.

## Amused the Author.

Little Lois had been given a short poem to commit to memory by her teacher. In it these lines occurred: "Ball on, ye mariners, the night is gone." Later when requested to repeat the poem, she rendered the lines mentioned thus: "Ball on, ye married men, the light is gone."

## CORSETS OF STEEL

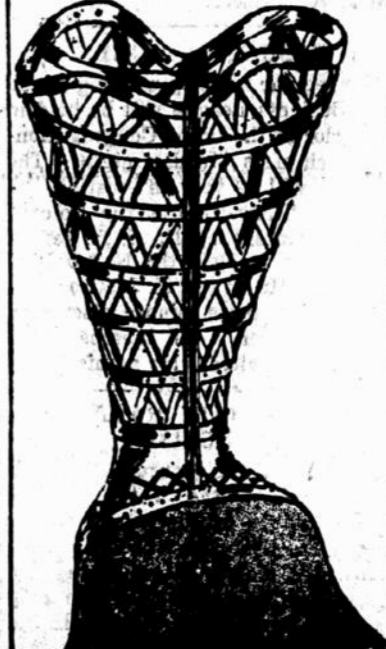
Cheerfully Worn by Women of the Middle Ages.

As is the Case Sometimes Today, Their Thought Was "Anything for the Fashionable Figure"—Instruments of Torture.

Greek and Roman women knew a device for compressing their waists which was, in some ways, an equivalent of the modern corset. Old Homer tells of Juno "wearing a girdle with a hundred fringes," and those who would doubt that these girdles were pulled as tightly as stays may read in Terence, the great Roman writer of comedies, a description of a belle as "not being a young girl like one of our own, whose mother compels her to tighten her body so that she may have a small waist."

The rest of Europe, receiving this style from the Romans, proceeded as the centuries went by to turn it into a veritable instrument of torture. There were corsets of stiff, unyielding leather, cramping the torso into rigidity. And, worse still, fashion finally dictated a corset of metal. Some examples are to be seen in the Musee Carnavalet in Paris. One is made of iron cross-bars securely riveted together. Others were forged out of two sheets of metal with holes punched to make them lighter.

In the fifteenth century Spain became mistress of the world and set its fashions. Then came into vogue the Spanish basquine, a long, light corset made of strong linen and fastened to a busk of wood or metal. The menace to health supplied by these monstrosities caused Henry III of France issuing an edict prohibiting their use. Montague, frank old pagan



Corset Cover of Steel Worn in Time of Catherine de Medici.

that he was, could not forbear a word of admiration at the way in which the women voluntarily endured in order to be in fashion. "In order to make their bodies Spanish," he wrote, "what hell will women not suffer!" Two centuries ago a writer of the times upon dress, told of seeing at the Italian opera a singer "whose waist was painful to look at, for the lower part of her figure appeared like the monstrous appendage of a wasp, united to her body by a slender ligament." Even in the nineteenth century there was a Parisian actress in the music halls of London with a waist so tiny that spectators are said to have been in constant expectation that she would snap in two.

## At Ninety Walks Ten Miles a Day.

Fourteen years ago two doctors of Birmingham, N. Y., told William W. Hemingway that he hadn't more than a year to live. Since that time he has attended the funerals of both, and now has passed his ninetieth birthday. "I just made up my mind to fool 'em," he says. "I started walking the first few months I walked nearly two miles a day. Now, unless the weather is bad, I seldom go less than ten miles, and have often walked as much as twenty."

Doctors sometimes stop Mr. Hemingway on the street and urge him not to overdo his exercise. "I don't know when to stop," he confesses. "I get up in the summer usually at four o'clock. Cold weather keeps me in bed half an hour longer."

## Monte Carlo Still Open.

Word comes from Monte Carlo that in spite of the war in Europe the little principality's neutrality is still unbroken, and the Casino is open for business as usual. This announcement was received by some of the New York hotel proprietors, in the form of letters from the manager of one of the big hotels, who seems apprehensive that Americans may be deterred by the thought that the Casino de Paris, the American bar and the Tir aux Pigeons are not performing their usual functions. He neglects to point out how the American can reach Monte Carlo just now in anything like the comfort he has been used to, without running into some part of the war.

## Fine Virginia Apples.

Virginia stands as one of the best apple growing states in the Union. Nothing better in apples grows than the Albemarle pippin, the Astrakan, the Gravenstein, and the winesaps grown in the Blue Ridge belt. There the growers cultivate their trees to the highest extent and take the utmost pains in packing. The Virginia apples are sold all through the South at very high prices, and are seldom to be found in northern markets.

## Clever.

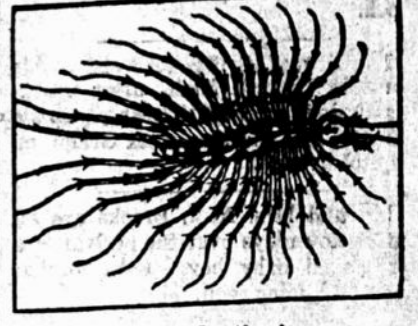
"Bliggins is a clever story teller." "Why, he has been telling the same story for years!" "Yes, but he keeps you listening. Every now and then he manages to think up another, beginning and make you believe it's going to be a new one."

## VISITOR NOT WANTED

House Centipede Always an Unwelcome Guest.

That It Keeps Down Other Small Pests is Not Sufficient in the Eyes of the Housewife—Creature of Damp.

The house centipede, particularly within the last 20 years, has become altogether too common an object in dwelling houses for the peace of mind of many housewives. It is a very fragile creature, capable of rapid movements, and elevated considerably above the surface upon which it runs by very numerous long legs. It is a creature of the damp, and is particularly abundant in bathrooms, moist



House Centipede.

closets and cellars, multiplying excessively also in conservatories, especially about places where pots are stored, and near heating pipes. If it were not for its uncanny appearance and the rather poisonous nature of its bite, this centipede would not necessarily be an unwelcome visitor in houses, but might be looked upon rather as an aid in keeping in check various household pests. Its appearance in dwellings, however, is not often welcomed, notwithstanding its useful role.

It can be best controlled by keeping the moist places in houses free from any object behind which it can conceal itself, or at least subjecting such locations to frequent inspection. In places near water pipes, or in store-rooms where it may secrete itself and occur in some numbers, a free use of fresh pyrethrum powder is to be advised.

The house centipede is a southern species, its normal habitat being in the southern tier of states and southward through Texas into Mexico. It has slowly spread northward, having been observed in Pennsylvania as early as 1849, and reaching New York and Massachusetts thirty or thirty-five years ago, but for many years after its first appearance in the latter two states it was of rare occurrence. It is now very common throughout New York and New England states, and extends westward well beyond the Mississippi, probably to the mountains.

The popular belief is that this centipede is extremely poisonous, and, as it belongs with the poisonous group of centipedes, it cannot be questioned but that the bite of the creature is probably somewhat poisonous as well as painful, though the seriousness of the results will be dependent, as in all similar cases, on the susceptibility of the patient. The poison injected in the act of biting is probably merely to assist in numbing and quieting its victim, and in spite of its abundance in houses in the North, and for many years its much greater abundance in the South, very few cases are recorded of its having bitten any human being, and it is very questionable whether it would ever, if pressed with the bare foot or hand, or if caught between sheets in beds, bite, like almost any other insect, without unquestionably bite in self-defense, and the few cases on record indicate that severe swelling and pain may result from the poison injected. Prompt dressing of the wound with ammonia will greatly alleviate the disagreeable symptoms.

## Filipino Schools.

A valuable outgrowth of American educational work in the Philippines has been the school garden. There are more than 3,000 of these in connection with the public schools, and they have proved so popular with the children that 23,000 home gardens have been started, supervised by the school authorities. Girls in the schools are taught to weave cloth and to make their own garments. Boys wear hats which they have made. Basket making, cane seating, pottery and other industries which are taught have notably changed village life in all that makes for order, thrift, industry and comfort.

## Twins.

"I don't like to see warring armies call too persistently on Providence. It savors of arrogance and self-righteousness. Providence may take revenge." The speaker was Bishop Enoch L. Miles of Duluth. He went on: "There was once a young couple that expected a visit from the stork. The husband was anxious that the stork bring a girl; the wife was anxious for a boy. Being very religious, both besought Providence morning, noon and night to grant his or her desire. "And Providence heard, Providence granted both prayers."

## The Explanation.

George Cohan, at a luncheon at the Players club in New York, was talking about a millionaire banker of sixty-two, whose wife threatened to divorce him on account of his "ward," a beautiful chorus girl of seventeen. "Home," said Mr. Cohan, in his quaint way, "home is where the heart is. Well, some of our grand old multimillionaires are so big-brained they naturally have to have several homes."

## A Get-Rich-Quick Scheme.

"There must be some business opportunities in those permanent trenches of the allies." "For instance?" "I'd like to be able to operate a little tobacco store there for a few weeks."

Vote

# Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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THE FOUNDATION OF HEALTH.

All life is dependent alike for its awakening and for its maintenance upon the influence of certain chemical factors, among which heat and moisture may be regarded as paramount. The organisms now living on this earth are known as plants and animals and without exception one and all are subject to the same laws. This makes for a close correspondence among all life and thus it is possible for us to unravel and expose the tangled sources of our physical ills with comparative ease. The study of plants is called botany and that of the animals is known as zoology, while the study of living things in general, including both animals and plants, is known as biology. Humanity owes a vast debt to biology and that debt is increasing every day.

Biology teaches us that there is no room for chance in nature and that unrestricted growth never results in discord. Discord is always artificial. Wherever there is any "unnatural" condition we know there must have been some interference to account for it. And the present drift in the medical world is to locate this interference.

Research work conducted along these lines with fish, chickens and the like has recently exposed many interesting and extremely illuminating facts with relation to the subject of the disease known as cancer, and makes it very clear that we easily might solve most of our physical troubles in much the same way if we would only learn to heed the lessons acquired in the handling of the lower organisms.

Incubation is a word in common use; it is derived from the Latin words meaning to brood, or to lie on, and specifically it means the action of the hen in sitting on her eggs to hatch them; the word is also used in pathology as expressing the development within the human body of the germs of disease, and it is especially associated with the artificial means of hatching eggs with incubators or for any analogous purposes of an artificial foster-mother nature. Artificial incubation was known to the Egyptians and to the Chinese almost from time immemorial, but it is comparatively recent since the 19th century.

If 100 ordinary fertile hen's eggs are placed in an incubator equipped with a suitable device for regulating the amount of heat, air and moisture admitted, and it is regulated to maintain a temperature of approximately 103 degrees Fahrenheit, very marked changes may be noted in the interior of the egg from day to day as the result of the absorption of the heat.

Assuming the temperature and moisture in the interior of the incubator to have been normal, candling the 100 eggs on about the fifth day of incubation will reveal remarkable changes taking place in them; the developing germ, with blood vessels radiating from it like a spider web, will be distinctly visible. Candling again about the tenth day will show a further advance, and at this time usually not a few of the developing chicks will be found to have died. The percentage dying at this stage is determined by the general vitality of the flock laying the eggs. If for any reason the flock is not in normal condition there will not be sufficient vitality in the germs to carry them further and they die. Again on the fourteenth day it is customary to candle or test for the dead ones, for again there will be some with only sufficient energy to get this far. Between the tenth and fifteenth days the chick becomes relatively large and bulky, the temporary respiratory apparatus, together with its veins, increases greatly in size and extent and the life processes proceed with greater activity. On the nineteenth day it is the rule again to search for the dead ones and then the machine is usually not touched again until the hatch is completed.

If the temperature and moisture have been maintained approximately normal, the chicks will break through their shells on the twenty-first day. Chicks resulting from a normal hatch are active and alert. They begin to pick about and feed as soon as they are under ordinary care easily reach maturity. But chicks from either a premature or a delayed hatch are inactive from the start, not alert and easily contract all manner of bowel disease.

Then He Popped the Question. "One of the liveliest figures in the social world, a young woman whose engagement was announced a couple of weeks ago," said a New York social climber, "brought about the proposal by an ingenious trick, which set on her peculiar style of beauty in two strikingly contrasting frocks on the same evening. There had been reports that the young woman was irritated by the slowness of the men she favored. On the night in question, at a dinner party in her home, the girl wore a beautiful creation of a delicate rose shade, and it was observed that she was unusually animated in her exchange of small talk with the man in the case. To the guests it seemed a real disaster when a servant stumbled and dashed coffee on the rose gown. Of course, the young man was the most sympathetic of all. The girl hurried out. She surprised the company by appearing five minutes afterward in a white gown of even greater beauty than the rose one. It was a transformation so quick the young woman was received with exclamations of delight. But society

Under the most favorable conditions incubator chicks are never equal in general vitality to the normal hen hatched chick. They are less resistant and more subject to disease. We have not yet mastered nature's secrets either with the lower organisms or with our own species, and for this reason we can well afford to draw lessons from the experience acquired in the various hatchingeries. The foundation of good health is good air and good food. Food to the nursing mother bears the same relation as lamp heat to the incubator, and if there is a deficiency in any degree in either case the developing life is certain to pay the penalty in lowered vitality; while if we take an excess of deficient foodstuffs we must likewise pay a penalty.

## ARTIFICIAL FEEDING.

Inasmuch as health is the natural and normal state of mankind, it should not be difficult to preserve one's health. And it is not. But because health is inherent in us, and because we are elastic and therefore tend persistently to revert to the normal, whatever the provocation, with very few exceptions we habitually and automatically cling to habits and practices certain to impair our physical inheritance, until some sharp and severe experience lashes us into a consciousness of organic limitations and compels the recognition of natural laws.

Without exception ill health, physical debility, sickness and suffering in general come through repeated violations, either on one's own part or on the part of others, of the laws of this universe, of which we are a constituent part.

Too often irreparable damage is done to vital organs before we become conscious of the breakdown, and then it is too late to do anything.

As a matter of fact the problem of life itself can be solved only by the study of what takes place in the minute portion of the cell, for it is in the "centrosome"—a roundish body alongside the nucleus of a cell that is undergoing division—that the new formation of an individual begins. Remember that cells increase by division; there is no corpse; each cell splits into two, indefinitely. We cannot all become cytologists—cell experts—but we can easily acquire a personal working knowledge from observation of any one of the lower organisms—such as the chicken, for instance—sufficient for all practical purposes as a safe guide to better things if we will but open our minds to the truth.

To begin with, we do not know, here in this country, how many children are born annually, because only a few states require birth registration, and we are therefore unable even to approximate the percentage of infants stillborn as the result of conditions identical in principle with those that cause the death of the chick in the shell. But we do know from statistics returned on approximately 60 per cent of our population of 100,000,000 that at least twenty-five per cent of all infants born die before they reach one year of age. In contrast with this condition we know that if a sitting hen is given eggs from the same pens from which the incubators are supplied and from which an 80 per cent hatch is considered highly satisfactory, the hen will, with but few exceptions, produce hatches approximating 100 per cent.

The mortality in the incubator is insignificant compared to that which takes place among chicks under artificial brooding and feeding conditions, that is to say, during that period of life before the chick is sufficiently mature to be able to look after its own needs. If the death of forty to sixty or more per cent of a given flock of chickens ended the matter we might content ourselves with the idea that inasmuch as each species tends to increase indefinitely, the check known always to be in action, even though we are not able to perceive it, which is simply nature's method of preserving a balance, must result in an improvement of the breed. But unfortunately, this is found not to be true; for invariably those survivors of conditions which produce these very heavy mortalities are themselves so shattered physically that under the same conditions only a few generations suffice seriously to deteriorate a fine strain and, if persistently followed, quickly lead to total extermination of the line.

On every hand we find these conditions closely paralleled in the human species. Deficient food supply to the pregnant woman gives the same results following lack of heat in any other incubator, and an excess produced about the same effect as too much heat in the machine; both inevitably lead to deterioration in the child; while artificial feeding is known to be fully as disastrous to the child as it is so clearly proved to be to the chick and its descendants.

The solution is comparatively simple and consists in nothing more than training women to have a fit apprehension of the obligations of motherhood and to act accordingly and conscientiously to prepare to meet the natural demands.

began to do some thinking then when, two days afterward the engagement was announced. By this time it is believed generally that the servant had been rehearsed carefully in his role, and that the young woman's maid was waiting with the white frock in readiness for the call of her resourceful mistress.

## Activities of Women.

Miss Della Crewe of Waco, Tex., has started on a motorcycle trip around the world, accompanied by her pet Irish bulldog.

In Philadelphia there are 11,369 girls from fourteen to sixteen years of age employed in the shops, factories and stores.

Six thousand out of the nearly ten thousand mentioned in the Woman's Who's Who in America are or have been married.

The French relief fund in the United States is being looked after by Mme. Jussarsand, wife of the French ambassador to this country.

Today's neglect spells tomorrow's worry.

# Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

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SHOULD NOT BE A DRUDGE OR A BOLL.

"There are some things it doesn't pay us to get," said Vice-President Marshall in a recent address. "For instance, it doesn't pay a man to get so much money that he becomes ashamed of his old-fashioned wife and no longer wants to trot in her society."

Not long ago a man who abandoned his wife and who tried in every way to provoke her to get a divorce from him so he could marry a young and attractive girl, plainly told her that she was not good-looking or stylish enough for him, that now that he had money he wanted a wife who could show off in society.

This poor woman had made all sorts of sacrifices in their early days of struggle with poverty. For years she had worked and deprived herself of necessities to help her husband get a start in the world, and to care for and bring up his children without a nurse or maid. She made a drudge of herself, but when he had become prosperous he had no use for the worn-out wife, with her burned-out beauty and her wrinkles, which had paid the price of a large part of his prosperity; he wanted to cast her aside for a young, fresh and attractive wife.

In the trial the wife said: "I worked from seven in the morning until eleven o'clock at night. But now that I am no longer needed in the business, he has heaped upon me insults untold. He has neglected and failed to properly provide for me."

"He repeatedly told me that I was not fashionable enough for him," the wife concluded. "He liked dressy women. He took me to one place and pointed out a Miss K. and said he had spent \$400 winning and dining her."

The world will never know the tortures, a thousand times worse than death itself, endured by wives of prosperous husbands, who so often prefer suffering to scandal and endure a living death rather than expose their husbands, who have been fascinated by younger and more attractive women.

One of the most pathetic spectacles in American life is that of the faded, outgrown wife standing helpless, in the shadow of her husband's prosperity and power, having sacrificed her youth, beauty and ambition—nearly everything that the feminine mind holds dear—to enable an indifferent, selfish, brutish husband to get a start in the world.

It does not matter that the wife sacrificed her own opportunity for a career, that she gave up her most cherished ambition in order to make a ladder for her selfish husband to ascend by. When he has once gotten to the top, like a wily, diplomatic politician, he often kicks the ladder down. He wants to make a show in the world; he thinks only of himself. His poor, faded, worn-out wife, standing in his shadow, is not attractive enough for him now that he has gotten up in the world.

The selfish husband thinks that he should have a clear track for his ambition, and that his wife should be content, even grateful, to be allowed to tag on behind and assist him in every possible way in what he considers the grand life work of both of them—to make him the biggest man possible. It does not even occur to him that she could have an ambition, welling up within her heart, a longing to answer the call which runs in her own blood, and a yearning to express it in some vocation as well as he.

I do not believe that the Creator has limited one-half of the human race practically to one occupation, while the other half has the choice of a thousand.

"But," many of our men readers will say, "is there any grander profession in the world than that of home making? Can anything be more stimulating, more elevating than home making and the rearing of children? How can such a vocation be narrowing, monotonous?"

Of course it is grand. There is nothing grander in the universe than the work of a true wife, a noble mother. But it would require the constitution of a Hercules, an infinitely greater patience than that of a Job, to endure such work with almost no change or outside variety, year in and year out, as multitudes of wives and mothers do.

The average man does not appreciate how almost devoid of incentives to broad-mindedness, to many-sidedness, to liberal growth, the home life of many women is.

The business man and the professional man are really in a perpetual school, a great, practical university. He is continually coming in contact with new people, new things, being molded by a vast number of forces which never touch the wife in the quiet home.

I believe in marriage, but I do not believe in that marriage which paralyzes self-development, strangles ambition, and discourages evolution and self-growth, which takes away the life purpose. Nor is it necessary that the wife should work like a slave in order to grow. There is a certain class of men who go to other

Bad Practice Discouraged. Getting married in Burma is not entirely a pleasant operation. Custom warrants the practice of throwing stones at the house of the newly-wedded, but not blackmail, and when recently a band of Burma youth demanded money before they would depart the law stepped in and sentenced the leaders to heavy imprisonment and corporal punishment.

Eight nations in the European war have 17,000,000 fighting-men.

Many trains of thought carry no freight.

# KNIT BABY'S BONNET

PRETTY HEAD COVERING THAT IS EASY TO MAKE.

Best, Perhaps, in Rabbit Yarn or Sundry—Success Will Be Sure if One Will Follow the Directions Given Here.

How cunning the little baby bonnets are knitted in rabbit yarn or saxony, and so easy to make! Indeed, anyone who can do the plain knitting stitch can make a bonnet by following directions:

First, it is necessary to find the face size. This will be 12, 14 or 16 inches, according to the age of the child to wear it. Four skeins of two-fold, saxony wool will be required, white or pink, as preferred. To make the bonnet cast on 25 stitches, using No. 2 bone needles. Knit in ridges for 14 inches, or 107 ridges, and bind off.

To make the band round the neck of the crown, with a steel needle pick up one stitch from the 107 ridges.

Everything in the whole environment of tens of thousands of American wives is discouraging to growth and tends to strangle a broader, fuller life. A healthy mind must be an active mind. Vigor and strength cannot be built up in man or woman by inaction of a life of indolence or monotony. There must be a purpose, a vigorous, strong aim in the life, or it will be nervous, insipid and stult.

For centuries women themselves accepted man's estimate of them, and were content to walk in his shadow. But since the higher discovery of woman in the last century a new order of things is being brought about. Women are becoming less and less dependent upon men and more inclined to live their own lives. They are beginning to see their own possibilities, that they can have careers and ambitions as well as men.

The girl of today expects a liberal education and looks forward to a career of her own. Women have at last learned that men have not monopolized all the genius, that ability knows no sex. And the wife is beginning to realize that there is one thing she should guard as the very jewel of her soul; that is, the determination to keep pace with her husband.

## HOME, SWEETEST WORD IN THE LANGUAGE.

The story is told of a perplexed young man who wrote to the query department of a newspaper to know whether the editor would advise him to buy an automobile or get married. He said he could not afford to do both, and was in a quandary.

The editor cautioned the young man to deliberate earnestly and not to make up his mind without due consideration. He was reminded that while an automobile costs more it doesn't talk back, and that a second-hand automobile could be traded for a new one. It is not recorded what was the decision of the irresolute young man.

There have been men, good men, whose lives, measured by ordinary standards, were successful, who never married; but those who hear or read of them feel that such careers were incomplete.

To a certain degree, a young man should look upon marriage from a utilitarian standpoint. A good wife is so much capital. She makes him to be, by a kind of grace, a great deal more than he is by nature. She contributes the qualities needed in order to convert his vigor into a safe as well as productive efficiency. She introduces, for instance, into his intellectual nature that ingredient of sentiment which intellect requires in order to be able to do its best work and makes home an Eden. "To Adam, Paradise was home; to the good among his descendants, home is paradise."

Most married men are saner, much more normal and level-headed, economical and careful, on account of their wives. A model home is a great corrective for a man. It keeps him up to standard and saves him from getting blue and discouraged. It develops the affectionate side of his nature and renders his character stronger and more symmetrical. Men can produce very much more because of harmony and affection in the home.

There is nothing else which will call into the divinest qualities of a man or woman like unselfish service. The very consciousness that one has others depending upon him tends to call out the best in him.

A happy marriage brings sunshine into the life and broadens, softens and sweetens the character. It is a great educator, a perpetual influence for good.

Who could estimate what civilization owes to man's dream of a happy home of his own? What an incentive to man in all ages has been this vision of a home of his own? It is this picture which holds the youth to his task, buoy him up in times of hardship and discouragement. This picture of a home, this vision of a little cottage and some fair maiden waiting at the door—this home vision has ever been the great incentive of the struggler, the greatest incentive of mankind! It is the dream of "a home of my own" that has lifted multitudes of youths out of obscurity. There is no spur on earth which has had anything like the influence over man that this home vision has.

The thought of his home and wife and children, dearer to him than life, keeps vast multitudes of men grinding away at their dreary tasks, when they see no other light in the distance. To multitudes of people home is the only oasis in their desert life.

Home is the sweetest word in the language. It has ever been the favorite theme of the poet, the author, and the artist. History is packed with the achievements of men for the sake of the home. They cross oceans, they explore continents. They endure the heat of the tropics and the cold of the arctic; they explore mines in the wilderness, cut themselves off from civilization for years for the sake of wife and home.

Women are always sincere when angry.

Military Dances. The Highland fling symbolizes victory. The schottische militiaire, that was popular some years ago, was another Scotch dance with a military suggestion. Many old prints show that the bagpipe of Scotland accompanied the military dance, as it does today, and to its strains fighting is being done that emulates that of past centuries.

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# KEEP HANDS FROM CHAPPING

Or if They Are New in Bad Condition Here Are Remedies That Will Help.

The first chilly day is the day one should begin to wage a war against chapped hands. If you can keep your hands from becoming chapped in the transitional weather between hot and cold, you will have little difficulty with them later on, for it is in the first cold days that they are especially sensitive to cold. Still, it is never too late.

Chapped hands are almost always caused by insufficient drying after washing, or perhaps the water was icy cold and very hard, or used too hot. Both extremes are bad for the skin.

To preserve the hands in good condition in cool weather, they should, whenever possible, be washed in tepid water, and if this is softened by a teaspoonful of borax so much the better.

Be sure to use a soap of good quality, and when drying the hands take the precaution of rubbing each finger separately.

If the hands are rubbed over once a day with a slice of lemon and a little cold cream, or if mutton tallow is rubbed into them thoroughly before going to bed at night, there will be little danger of the skin becoming chapped or rough.

## FOR THE GIRL WHO SKATES

Appropriate and Attractive Costume of Biscuit Tan Cloth Is Latest Idea of Fashion.

One sees young women in velvet and even silk skating frocks at the rinks in the city, but the real outfit of a girl wears a proper skating rig of which an attractive example is illustrated here.

Start on the right side and decrease to 54 stitches by knitting two stitches together to end of row. Knit 13 ridges on these 54 stitches, then bind off. If the bonnet is white, make the turn-back flap of white satin or corded silk—a strip of ribbon about 3/4 or 4 inches wide will answer. Decorate with embroidered rosettes, or, if this is beyond the knitter's skill, bought embroidery could be applied. The outer edge should be trimmed with a fringe of narrow val lace and the flap lined with a bit of pink India or other soft silk.

The knitting is laid in three plait at the ears to shape the bonnet, the stitches to be concealed under rosettes of pink ribbon.

The raw edge of the flap is turned under the knitted edge and a cap lining of soft white silk fitted in. Then a ruffling of lace is sewed in around the face, and lastly the ties of white or pink ribbon are added.

Of course, one may keep the bonnet all white, all one color, or a combination of white and a color. For instance, if the baby is a boy the knitting and silk flap might be white and the ribbons blue. The embroidery could be forget-me-nots, or the entire bonnet, with the exception of the lace fringe and the ruffling, which would be white, of course, might be blue. In that case pink rosettes would be more effective than forget-me-nots upon a blue background.

## FIRST TEST THE CRETONNE

Cheaper Grade Not Always a Good Investment—Makes Excellent Furniture Cover.

A cheap cretonne is not always a good investment, as it often becomes tattered after a few weeks' wear and looks more like a coarse muslin than a good cretonne, so before investing in a low-priced material it should be tested. To do this take a small piece and rub it thoroughly as it washing. If the threads separate and it becomes thin, it will wear badly, and is not really economical, no matter how cheap the price, but if it passes this ordeal it will probably last as long and wear as well as a much higher-priced one.

A cretonne with a dark background is far more serviceable than one of lighter coloring, and need not make the room appear dark if some cheerful tones are introduced into the floral design.

To cover furniture is not really such a difficult task as many would imagine, provided a reliable pattern can be obtained, and it is just carefully stamped to the sofa or chair and fitted so that the parts which are too large or too small can be altered and arranged. Cretonne is generally 30 inches wide, and a full-sized sofa requires six yards.

When cutting the cover for the sofa the pieces for covering the arms must be laid before cutting, with their right sides together, or when cut it may be found that they are both for the right or left, and this would involve an enormous waste of material. Also the pattern

lete blouse is certainly going out of fashion. At the present moment the most popular models are those which are medium high.

Cleaning Tatting. Almost everyone who has tried to clean tatting by washing it knows it is almost impossible to restore the picots to their natural shape in this way. A better way is to soak the tatting in gasoline and while they are wet dust at the pieces with cornstarch. Wrap them in a clean towel and leave them for several hours. Beat the towel lightly, lift out the lace and shake it free of starch. Press the picots into shape and iron lightly on the wrong side.

Mother's Advice. "That young fellow has been calling on daughter for several weeks, hasn't he?"

"Yes, pa."

"I think I'll ask him what his intentions are."

"Give him time, pa. He probably doesn't know himself as yet."

# OF DRIED VEGETABLES

MANY PALATABLE DISHES MAY BE PREPARED.

Need Especial Care but Will Repay Time Given to Them—Excellent Mash Is One Composed of Potatoes and Lentils.

Dried vegetables contain a great deal of nourishment, and if they are properly prepared they can be made into very palatable dishes. They should always be soaked overnight, rinsed, brought to the boiling point, and then simmered slowly with a quarter of a teaspoonful of baking soda in the water.

When the fresh vegetables are scarce the good housekeeper can give a greater variety to her table for a smaller cost, if she uses liberally of the dried vegetables as well as of the tinned. Baked beans, porridge and succotash are old standbys that no one has need to be reminded of—but with these time-honored dishes many households seem to end their use of dried vegetables.

If you live in a locality where you can get dried sweet corn, or if you have been forehanded enough to put it up for yourself you are very lucky, for this is far superior to the tinned variety. Canned corn is one of the vegetables whose flavor is entirely changed by being canned. Dried corn is delicious made into corn mock oysters and can hardly be told from the fresh vegetable.

Soak the corn overnight and in the morning boil it up with a pinch of baking soda. Press out the pulp with a sharp knife and to a pint of the pulp add two beaten eggs, one teaspoonful of butter and salt, a dash of pepper, and enough flour to bind. Roll into small cakes and saute them in butter, or drop from a spoon into hot fat to make fritters. These may, of course, be made of canned corn also, and they are sometimes improved by adding a little milk and sugar.

Dried beans and peas make very good purees, but care must be taken to soak and boil them for a sufficiently long time. When they have boiled until the are very tender mash them through a sieve. Place again in the saucepan and stir into them enough hot milk, pepper and salt to season them, add butter and a little sugar before serving.

A very good hash of potatoes and lentils is made from one and one-half cupsful of cold cooked potatoes, two cupsful of boiled lentils, one teaspoonful of salt, pepper to taste, half a cupful of milk and one (teaspoonful) of onion juice. Cook the hash in a frying pan until brown, and serve with a tomato sauce.

Potato Doughnuts. One cupful mashed potato (warm); two tablespoonfuls shortening (warm); cupful and a half of sugar; two eggs; one cupful milk; one-fourth teaspoonful each nutmeg and cinnamon; six cupfuls flour; two teaspoonfuls baking powder. To mix: Put shortening and sugar in mixing bowl and cream; add the warm mashed potatoes and then the eggs, one at a time, until they are mixed well through. Add the flour, baking powder, spices and beat thoroughly. Let stand about half an hour to ripen. Then add enough flour to roll and cut; fry in deep fat until a golden brown. Lay on a wire screen to drop. You will find they stay fresh longer than the old-fashioned kind.

Wire Closets. A wire cupboard for the kitchen pantry is a great convenience. It is, of course, impervious to flies, and therefore is useful for holding wafers, cereals and other food in summer—food which does not, however, need to be kept in a refrigerator.

It is also impervious to the attacks of mice, and is useful in the autumn, when mice sometimes make their way into the house from out of doors. These wire cupboards, made of a wooden frame over which wire screening is fastened, come in various sizes at various prices.

Chocolate Custard. To one cupful of hot milk add two tablespoonfuls of grated chocolate, two well-beaten eggs, four tablespoonfuls of powdered sugar, a slight pinch of salt and

HOLIDAY ITEMS. Mrs. Green Lucas and daughters...

ville, Mo., is the guest of her sister, Mrs. W. A. Mitchell, Jr.

ing their vacation in this city with their relatives and friends...

Santa Claus visited Bethel A. M. E. church December 24th. A good program was rendered.

Alpha Uu, spent parts of her vacation in Chicago, Buxton at a family reunion and in Des Moines.

the superintendent Mrs. Huff, with a hand painted plate as an Xmas gift in appreciation for services rendered.

the guest of Miss Ruth Perkins on Sunday. Wallace Bails of Huntsville was a Macon visitor Sunday.

New Year's day Mr. and Mrs. Robinson entertained eighteen of their neighbors and friends to a delicious five-course turkey dinner.

Mr. and Mrs. Oscar Roper have been visiting the past week in Des Moines.

Mrs. I. F. Ramsey, who has been in Nashville, Tenn., for about two months attending her mother during her last illness, returned home last Sunday.

Mrs. Mabel Morgan delighted a company of four at cards and a dainty luncheon December 30.

Revival services are now in progress at the Third Baptist church. All are invited to attend.

the members of Bethel A. M. E. church are preparing to give a grand entertainment on the 20th inst.

Several Moberly girls were visitors of Macon during the holidays. Miss Birtena Young is visiting her sister in Chillicothe, Mo.

CLARINDA, IOWA. Mrs. Maude Jones returned from Kirksville and Ottumwa and reports her sister, Mrs. E. Johnson, very much improved.

ST. JOSEPH, MO. A very unique postal card with holiday greetings has been received in this city from Mr. and Mrs. J. L. Thompson of Des Moines, Iowa.

Woman's Crowning Glory is Her Hair. Why not grow your hair by using Mme. M. Beard Hair Grower?

ST. JOSEPH, MO. The students are returning, reporting very good times spent during the holidays.

MACON NEWS. Sunday was class day at the Vine and Broadway church. A glorious meeting was enjoyed by all.

MONMOUTH ILL. NOTES. Miss Ida Wallace, who is teaching in the public schools at Jerseyville, Ill., spent her Christmas vacation here with her parents, Mr. and Mrs. Tom Wallace.

CLARINDA, IOWA. Mrs. Mattie Rendo, Mrs. Lottie Williams, Miss Ann Baker and Miss Pearl Nash, Mr. and Mrs. Henry Cooke and Joe Griggs attended the ball at Creston New Year's day.

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The Spirit of Public Service. When the land is storm-swept, when trains are stalled and the wagon roads blocked, our repairmen must keep the telephone highways open.

FREE COLORED PEOPLES HAIR. We are the largest importers and manufacturers of colored peoples hair and the most reliable firm in this line.

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